



**Pick a sport...
any sport!**

There's something for
everyone in the borough

SEE PAGES 10 & 11



**While we're
all sleeping**

The team working to clean
up the streets every night

SEE PAGE 12



**Talking 'bout our
evolution**

Walk of the Month in
ever-changing Bethnal Green

SEE PAGES 18 & 19

ISSUE 1044 26 JANUARY - 1 FEBRUARY 2015

WWW.TOWERHAMLETS.GOV.UK



eastendlife

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

Community effort saves GP practice

BY LARAINÉ CLAY

THE success of a community campaign to save a GP surgery from closure will be celebrated this week when it is officially re-opened.

St Katharine Docks Medical Practice, run by Dr Sarit Patel, was one of the GP practices in the borough that was under threat of closure last April due to funding changes.

The Friends of St Katharine

Docks swung into action to keep the popular surgery open, recruiting more patients to register with the practice to boost income. They encouraged Dr Patel to apply for funding to refurbish the outdated

surgery premises in Thomas More Street, Wapping.

Sue Hughes, chair of the Friends group, told East End Life: "This practice is vital to the local community of St Katharine Docks and the surrounding area,

with 1,700 patients reliant on its services. When we heard the surgery was under threat in April 2014 we formed an action group to support our excellent GP and his team."

Tower Hamlets Clinical Commissioning Group agreed to fund a complete refurbishment of the premises to bring it up to date and to create an additional consulting room.

The Friends also persuaded Land Securities to provide an empty unit free of charge in their Thomas More Square

development for the practice to move into while the surgery was completely gutted and rebuilt.

Supporters even helped with the move when the work was carried out before Christmas.

All the hard work and campaigning has now paid off and the new-look surgery will be officially opened this Friday, January 30.

But Ms Hughes said the Friends' work was not over: "We will continue to campaign for monies to fund the ongoing running costs of the practice."

FREE IS THE MAGIC NUMBER



THESE youngsters at Mudchute Farm Children's Centre are among the many two-year-olds taking up a free place at their local nursery. Find out if your child is eligible for a free childcare place by calling the council's family information service on 7364 6495 or go to www.towerhamlets.gov.uk/Learning2

milltec IT distributors			
MacBook Pro 15" <small>EX-LEASE ONE YEAR WARRANTY</small> £900		iMac 21.5" <small>EX-LEASE ONE YEAR WARRANTY</small> £700	
MacBook Pro 13" <small>EX-LEASE ONE YEAR WARRANTY</small> £650		LAPTOP 14.1" <small>EX-LEASE ONE YEAR WARRANTY</small> £130	
490 Bethnal Green, E2 0EA		247 Bethnal Green, E2 6AB	
020 7791 1200 020 7729 9981		020 7739 3959 07913 912 911	



• **2-5 Years Guaranteed Rent** • **0% Commission**

elliotleigh.com

020 8983 4444

3 Months rent in advance paid!

* Terms & conditions apply

A matter of records

Some of the East India Company's records and collections are stored at the National Maritime Museum.

SEE BELOW



Going the way of the dinosaurs

Some of the East India Company's records and collections are stored at the British Library, National Maritime Museum, Victoria & Albert Museum and London Metropolitan Archives.

SEE BELOW

News

East End Life is produced by Tower Hamlets Council, Town Hall, Mulberry Place, 5 Clove Crescent, E14 2BG.
Tel: 7364 3179 Fax: 7364 4917
Email: eastendlife.news@towerhamlets.gov.uk



Editor Laraine Clay
Tel: 7364 3179
Deputy Editor Helen Watson
Tel: 7364 3173
Reporter Jessica Odubayo
Tel: 7364 4365
Photos Kois Miah
Tel: 7364 3253

Advertisement Manager Sharan Ahmed
Tel: 7364 4061
Senior Advertising Sales Executive Christine O'Doherty
Tel: 7364 4994
Senior Advertising Sales Executive Fatima Khan
Tel: 7364 4623
Advertising Production Controller & Sales Executive Terri Gornall
Tel: 7364 4682
Distribution Manager & Finance Abdul Miah
Tel: 7364 0474

East End Life is published by Tower Hamlets Council with a print run of 99,000 copies delivered to homes, organisations and businesses in the borough every week.



The official independently audited door-to-door delivery is 82,886 Audit Bureau of Circulation (ABC Regional) Dec-June 2014.

East End Life was the first weekly newspaper produced by a local authority in the UK with a net cost of .02p per copy per week to produce. Paid-for advertisements are carried to keep costs to a minimum.

Information included in the newspaper is not necessarily endorsed by Tower Hamlets Council.

East End Life is printed on recycled paper – when you have finished with the newspaper, please recycle it.

eastendlife

East End Life is also available on audio tape – if you know someone who would like to receive it in this format call 7364 4309 or email mariette@soundtalking.co.uk

Printed by Trinity Mirror.
Distributed by London Letterbox Marketing, Unit 6, Crescent Court Business Centre, E16 4TG. Tel: 8940 0666

If you know someone who does not receive *East End Life* call 7364 0474 or email abdul.miah@towerhamlets.gov.uk

Human stories behind history of East India Co

BY LARAIN CLAY

A GROUP of researchers are hoping to uncover the human stories behind the East India Company's operations that had an impact on Asian and British lives for more than two centuries.

Community group Brick Lane Circle is taking on 12 volunteers to explore the company's records after being given a £47,000 grant from the Heritage Lottery Fund.

The main focus of the project will be on the life and dramas of people and objects, and events and institutions associated with the company's operations based on the East End docks.

The volunteers, or heritage interpreters, will investigate the records of its tea exchange rooms, the quarterly auctions of goods, its activities on the River Thames and the actual dealings inside the East India Company House.

The researchers will be hoping to unearth stories based on the experiences of dock and warehouse workers, British women going to India to find company-approved partners and Asian seamen jumping ships.

A spokesman for the Circle said: "Although the project will primarily focus on the issues concerning East India Company, and the period of its active existence covering 1600 to 1858,

there will be scope to also include human stories beyond this time period should the heritage story writers wish to do so."

The project volunteers will visit museums and other archives,

receive training on archival research, get mentoring support and write short stories, based on their findings.

The project will result in a book of short stories, information on a website, and a heritage

literature festival at the London Metropolitan Archives to celebrate the work.

For more information contact Brick Lane Circle on 07914 119282 or email bricklanecircle@yahoo.co.uk



PROJECT work about dinosaurs by year 3 pupils at Arnheim Wharf Primary School has gone on public display. The children have been using their scientific and artistic skills to make miniature dinosaur sculptures in clay, with their designs inspired by research in school and a visit to the Natural History Museum. Working with community artist Jane Rogers, they have also made large-scale willow sculptures of Tyrannosaurus rex and a triceratops, which have pride of place in the school garden. The smaller models can be seen in the Community Window Gallery at Canary Wharf until March.

Inside this week's issue

Community walkabouts update.....	4	Harmony.....	16 & 17
Mayor's column.....	6	Walk of the Month.....	18 & 19
Useful information.....	8	Out & About Guide.....	20 & 21
Sports and leisure feature.....	10 & 11	Eating out, eating in.....	23
Night-time market cleaners.....	12	Property.....	25-30
History.....	13	Recruitment & training.....	31
Council information.....	14 & 15	Sport.....	35 & 36

Pick a sport... any sport! While we're all sleeping... Talking 'bout our evolution... **eastendlife** NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY **Community effort saves GP practice** 2-5 Years Guaranteed Best 4% Commission



In memory of those killed by the Nazis

Forty-six governments met in Sweden to launch the first Holocaust Memorial Day in January 2000, to preserve the memory of those who died in the Holocaust and later genocides.

WWW.HMD.ORG.UK

What is cystic fibrosis?

Cystic fibrosis is a life-shortening genetic condition that causes the internal organs to become clogged.

WWW.CYSTICFIBROSIS.ORG.UK

News

Remembering the millions who died in the Holocaust

BY SUSAN MULLIGAN

NATIONAL Holocaust Memorial Day will be marked with an inter-faith service this weekend.

The day is recognised around the world on January 27, the date of the liberation of Auschwitz-Birkenau, the largest Nazi death camp, in 1945.

Each year the day of remembrance provides an opportunity to remember the millions of people who suffered and died

during the Holocaust under Nazi persecution, and through genocides in countries including Cambodia, Rwanda, Bosnia and Sudan.

Tower Hamlets launched the No Place for Hate campaign in 2008 to bring together a partnership of community and faith groups, businesses, the council, politicians and the police to stand together against hate messages to the borough.

Mayor Lutfur Rahman said:

"Tower Hamlets is proud of its cohesive and harmonious borough. Tower Hamlets will never tolerate hate groups here. Holocaust Memorial Day reminds us of the importance of a tolerant society."

An inter-faith service will be held at Nelson Street Synagogue in Nelson Street, Whitechapel on Sunday, February 1 from 3pm.

The Jewish East End Celebration Society has also organised a free guided walk entitled

The Jewish East End, World War II and the Holocaust.

Guide Clive Bettington will highlight the area's links with WWII and the Holocaust. It starts at Aldgate station at 12 noon and will end at Nelson Street Synagogue in time for the service. Booking in advance is advised – call 07941 367882 or email c.bettington@jeecs.org.uk

There are a number of other self-guided walks that can be downloaded from the council

website at www.towerhamletsarts.org.uk

■ Hafsah Jalloh, a year 13 student at Bishop Challoner Sixth Form in Wapping, is exhibiting a series of black-and-white photographs at the school taken during a school trip to Auschwitz last September to mark National Holocaust Memorial Day. "What I saw at Auschwitz had such a profound effect on me that I wanted to share what I could of the experience with the rest of the school," she said.

Silence for Paris victims

A MEETING of the council last Wednesday held a minute's silence in memory of the victims of the terror attacks in France earlier this month.

Councillors also unanimously backed a motion condemning the atrocities and supporting "the loss shared by our French neighbours in this borough, city and those just 20 miles across the Channel".

"The wickedness of those who brutally murdered journalists, police officers and citizens at the Jewish supermarket will not divide the people of Europe who have fought for the basic freedoms of speech and assembly, regardless of our different nationalities," stated the motion, which was proposed by Cllr Chris Chapman.

The speaker of the council, Cllr Abdul Chunu Mukit, will be writing to the French Ambassador, Sylvie Bermann, to express the council's solidarity.

“They will not divide the people of Europe, regardless of our different nationalities.”



(Above, from left) Shamsal Haque from the Council of Mosques, Mayor Lutfur Rahman, Rev Alan Green, chair of Tower Hamlets Inter Faith Forum, Dilwar Khan of East London Mosque and other community leaders at the gathering

COMMUNITY and faith leaders and members of the Inter Faith Forum met last week to reaffirm the borough's commitment to No Place for Hate. Mayor Lutfur Rahman hosted the meeting at the Town Hall in Poplar which was also attended by the new borough police commander Andy Ewing.

(Right) Leon Silver of Nelson St Synagogue



Vote for the Young Mayor

THERE'S still time to vote for the Young Mayor.

Fourteen candidates are vying for the role, with elections taking place on Wednesday, January 28 in schools across the borough.

Over the past few years, the Young Mayor elections have gained enormous momentum in engaging young people with local democracy.

The Young Mayor serves for a period of two years with a small team of deputies.

Visit www.towerhamlets.gov.uk/youngmayor or call 7364 3091. The list of candidates is featured on page 22.

News in brief

Join campaigners' March for Homes

HOUSING campaigners from across London will be taking part in the March for Homes this Saturday, January 31.

Marchers will be meeting at St Leonard's Church in Shoreditch High Street, E1 from 12 noon and heading for City Hall, SE1, calling for investment in council housing, rent control and security of tenure.

Surf to Gransnet

PEOPLE over the age of 50 are being encouraged to surf the web and join the online community at Gransnet.

A community fun day is being organised at Idea Store Chrisp Street with Gransnet on Thursday, January 29 from 10am-2pm, featuring workshops, talks, competitions and refreshments.

It is a chance to meet like-minded people, share ideas and discover services which residents may have been missing out on.

Gransnet is a social networking site launched in May 2011. Its forums cover everything from politics to holidays, gardening to relationship advice.

Author Kathy Lette, TV presenter Judy Finnegan and actor Timothy Spall are among the high-profile names who have contributed to the website.

To find out more call 7364 4332 or visit www.gransnet.com

LANDLORDS



Does Your Agent Have?

Licensed **ARLA** member for lettings?

Licensed **NAEA** member for sales?

We offer Rent Guarantee 0% Commission
Sell your Property 1% Commission



8 Vallance Road, London E1 5HR

0207 375 1188 / 079 4487 2919

(line open 9am-11pm)

www.primeestateagents.co.uk

admin@primeestateagents.co.uk



Find out more

For more information on where and when the surgeries and walkabouts will be held, visit...

[HTTP://BIT.LY/1EL1DLM](http://bit.ly/1EL1DLM)



Speak to the decision makers

The community safety surgeries and walkabouts give residents the opportunity to speak to senior members of the police and council about their local concerns.

SEE BELOW

News

Walk and talk to help cut crime

A series of walkabouts and surgeries held across the borough have been successful in raising awareness of community safety issues, as **Stefan Swift** reports. Photos by **Rehan Jamil**.

WALKABOUTS and surgeries organised by the council have enabled councillors, police officers and professionals to explore crime and anti-social behaviour (ASB) issues and how best to address them.

The council's new mobile police office has now visited nine wards since last September to hear about any crime and ASB concerns directly from the community.

Led by Cllr Ohid Ahmed, cabinet member for community safety, with the police, each surgery has been followed by a walkabout in the local area.

Cllr Ahmed has been joined by former borough police commander Dave Stringer, the council's head of safer communities Andy Bamber, police officers, Tower Hamlets enforcement officers (THEOs), housing officers, and youth and drug outreach workers.

The new borough commander, Andy Ewing, who started work in the borough earlier this month, will be attending all the remaining visits.

Information received from the public, police, the council and partners has been used to develop plans for the different wards.

For example, there have been fewer repeat ASB complaints and more neighbourhood policing patrols targeted at drug dealers and users in Spitalfields & Banglatown.

In St Dunstan's, there has been a clampdown on street drinking and



Residents, police and councillors on a walkabout in St Peter's ward



Cllr Ohid Ahmed leads a community safety walkabout through Altab Ali Park, Whitechapel

initiatives launched by schools to give young people more things to do.

As a result of the walkabouts, improvements will be made to Altab Ali Park to make it more appealing to families and improved street lighting in Whitechapel to help prevent ASB.

Cllr Ahmed said: "This third series of walkabouts is proving a real success and we are taking direct action as a result of the issues people raise. Since the first walkabouts were held we have seen the number of resident concerns around crime drop significantly."

Residents can still voice concerns they have about crime directly to the council and

police when they visit the remaining 11 wards over the coming months.

From October 2012 to May 2013 and from October 2013 to April 2014, the Community Safety Partnership and neighbourhood policing teams implemented two rounds of community safety ward walkabouts across the then 17 wards in the borough.

It was decided to launch the new surgeries to complement the third round of walkabouts which began in September 2014 and will run until June.

The events were held in response to previous annual residents' surveys which reported perception of crime and ASB were concerns for residents, including levels of confidence in the police and council in dealing with these issues.

Mayor Lutfur Rahman said: "Partnership working, such as these surgeries and walkabouts, has resulted in making the borough safer.

"We continue to develop ward action plans to ensure that we continue to become a safer borough"

Superintendent
Chris Barclay



Police and councillors in St Peter's ward



A walkabout in Weavers ward



'A healthy, thriving church'

"All Hallows is a healthy, thriving church. What Cris and Beki have done here is exceptional and shows that people are longing for faith, community and seeing lives transformed."

THE BISHOP OF STEPNEY, BELOW

On the money

The council is working with advice organisations to provide free help and support on money matters.

WWW.TOWERHAMLETS.GOV.UK/WELFAREREFORM

News

Universal credit to begin in March

THE government has announced that the national roll-out of universal credit will begin in Tower Hamlets and five other London councils on March 2.

Following a number of pilots in the north of the country, the Department for Work and Pensions (DWP) has chosen Tower Hamlets, Barnet, Brent, Hounslow, Wandsworth and Hammersmith & Fulham coun-

cils to launch the new benefit in London.

At first, the roll-out will only affect new single claimants of out-of-work benefits, including those eligible for housing benefit.

Mayor Lutfur Rahman said: "Universal credit will drastically change the way that people access their benefits. It is important for residents to be aware of the impact that it will have on household finances."

Cabinet member for resources Cllr Alibor Choudhury said: "I am proud that Tower Hamlets has a wealth of local advice and support to help residents. This will be vital given the government's plans for universal credit roll-out."

The council is currently in discussions with Job Centre Plus regarding arrangements for the roll-out of universal credit.

Husband & wife team at heart of All Hallows

BY JESSICA ODUBAYO

A HUSBAND and wife who helped transform a church with a shrinking congregation into a thriving centre have been appointed as its permanent clergy.

The Bishop of Stepney, the Rt Rev Adrian Newman, performed the installation ceremony for Cris and Beki Rogers as rectors of All Hallows Church, Bow on January 14.

More than 140 people crammed into the church to celebrate its new lease of life.

By the Rogers' own admission, All Hallows was a "failing" church five years ago – it had no leader, the congregation was shrinking and there was hardly any hope of a new vicar being placed there.

"Weekly attendance was around seven to ten people but this small group were committed to keeping their building open," Cris said.

The couple, originally from Harrow, convinced the bishop that they wanted to have a go at reviving the church and arrived in 2010 to start work.

In the past five years, the Rogers have endured a burglary, muggings and on one occasion they came home to find a 'for sale' sign on the church.

Now the congregation has grown to such an extent that the church has been given a second building for some of its activities.

"We run two Sunday



Husband and wife team Cris and Beki Rogers have transformed the fortune of All Hallows Church in Bow

services, a café for non-English speakers, a Cocaine Anonymous group, tea clubs for those needing friendships, knitting clubs and craft sessions and so much more," Cris said.

The couple thanked "the incredible team" at All Hallows for their hard work and support.

Beki said: "One of the most amazing things about the East

End is the people – the diversity, the energy, the variety. I love living here and ministering to the people of E3."

The Rt Rev Newman said: "All Hallows is a healthy, thriving church. What Cris and Beki have done here is exceptional and shows that people are longing for faith, community and seeing lives transformed."

News in brief

Money help at hand

RESEARCH by the government's Money Advice Service has found that 75 per cent of people who made resolutions for 2015 focused on money goals.

It also found that two out of three adults had never checked their credit report, and that most did not know that ratings can affect bank accounts, utility provider applications and mobile phone contracts.

In Tower Hamlets, the council is encouraging residents to make the most of support available to help with money matters.

It is working with a number of advice organisations – including Toynbee Hall in Whitechapel, the Bromley by Bow Centre, Citizens Advice Bureau and the Limehouse Project – to provide free help and support on financial matters.

Visit www.towerhamlets.gov.uk/welfarereform

Taking and talking photography

A FREE six-week Talking Photos course aimed at residents who have English as a second language starts next month.

It is open to ESOL students and others who are keen to practise their spoken English while learning about photography.

The course includes step-by-step photography tuition, a chance to explore Whitechapel – and a free set of postcards created by the group. No previous experience of digital photography is required and cameras are provided.

A Thursday course for men and women starts on February 12 and a Friday women-only course begins on February 13.

All sessions run from 10am-1pm.

To apply, or for further details, contact Graham on 07919 221 806 or email graham@walkeast.org



Three Sisters Care
Choice, Compassion, Community

020 7790 6057

We provide care services for the elderly and for young adults across London and Essex. We support both Direct Payment customers and self-funding, private customers - most competitive prices in London.



Personal Care
Washing
Dressing
Domestic
Cooking
Shopping
Outings
Hobbies
Escorting



Specialist Healthcare:
End of life care
Dementia
Parkinson's
Autism



Winner of 'Social Enterprise of the Year' at the Precious Awards in October 2014, presented by Doug Richard from TV's Dragon's Den. This was in recognition of our work to support unemployed local women into employment.

www.threesisterscare.co.uk

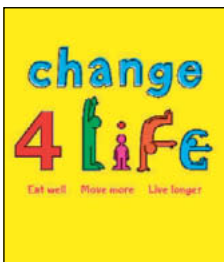


St George's Town Hall
236 Cable Street
London E1 0BL

Contact the mayor

To contact the mayor, call his office on 7364 4993 or email him at mayor@towerhamlets.gov.uk

WWW.TOWERHAMLETS.GOV.UK/MAYOR



Food that's fit for purpose

The Food for Health Awards has been in place in Tower Hamlets since 2009. Restaurants, cafés, markets, takeaways and stores are recognised for making healthy changes to the food they sell.

SEE BELOW

News

We stand together

WE watched in horror the atrocities in Paris. The acts of mindless violence on the streets of a nearby capital city were shocking.

At the council, staff held a minute's silence at the same time as those killed in the initial attacks were remembered in Paris. And like public servants at all levels, we have since been considering our own approach to preventing and tackling extremism.

Here in Tower Hamlets I am proud of the strong record we have of promoting our borough as No Place for Hate.

Community leaders from all faiths have repeatedly come together, unified against perpetrators of hate of any kind.

We stood together after the 7/7 bombings in 2005 and worked as one to prevent the English Defence League (EDL) from spreading disruption and racism in our borough in 2013.

And last week I was pleased to meet with the new borough commander, Andy Ewing, community and faith leaders and members of the Inter Faith Forum to offer support and reassurance to the community



LUTFUR RAHMAN MAYOR OF TOWER HAMLETS

and to re-emphasise our No Place for Hate pledge.

We know our residents get along – the latest residents' survey showed that 78 per cent of people feel their area is a place where people of different backgrounds get on well together.

I will continue to work with the police and our partners to reiterate in the strongest terms that hate-related activities are not welcome in our borough.

In Tower Hamlets this week young people will be exercising their democratic freedom and electing a new Young Mayor.

I hope as many of you as possible will turn out on Wednesday to elect your representative, and I look forward to working closely with the successful candidate in the very near future.

Mayor Lutfur Rahman

Healthy options come to a store near you

BY ANNA WILSON

THIRTY convenience stores have been given a makeover to encourage residents to eat more fresh fruit and veg.

The changes – part of the Food for Health Buywell project – will mean more people can get their hands on affordable, good-quality produce to help them eat five-a-day. And participating shops will enjoy an increase in sales and profits.

Salam Sheikh, who runs a Costcutter store, said: "Since making changes with the Buywell project, I've sold more fruit and vegetables in one day than I usually do in a whole week."

The stores are also benefiting from Change4Life branding, to further promote fruit and vegetables to customers.

Cllr Abdul Asad, cabinet member for adult and health services, said: "This project has been developed with feedback from



Children from Global Kids Day Care at Londis, Burdett Road

local people, saying they wanted their local shops to stock better quality, affordable, healthy food.

"People want to eat more healthily – the Buywell project is giving them the opportunity to do just that locally."

Each of the stores has been supported through the Buywell scheme to improve the quality, range, freshness and

location of their fresh produce.

Tower Hamlets came second for providing healthy and sustainable food in the London Good Food Guide 2014, produced by the Sustain alliance for better food and farming.

Recent research by London Metropolitan University analysing a range of fruit and vegetables from Buywell convenience stores and market traders

showed that the quality was just as good as that available in supermarkets.

Mayor of London Boris Johnson appointed former newspaper editor Rosie Boycott as chair of the London Food Board, which supports such schemes boosting access to fresh food.

Ms Boycott said: "The Buywell project is excellent as it puts fresh fruit and veg directly into local shops where people want to do their day-to-day shopping and enthuses staff so they can be more knowledgeable about stocking healthier food."

Esther Trenchard-Mabere, associate director of public health at the council, said children in Tower Hamlets had among the highest rates of obesity in the country.

She added: "Our long-term aim is to help everyone maintain a healthy weight. This will help reduce the risk of diseases such as diabetes, cardiovascular disease and cancer."

Wharf puts tech on another level

SPACE at Canary Wharf dedicated to technology start-up businesses has been filled so quickly that a third floor has now been opened.

Canary Wharf Group originally opened Level39 on the 39th floor of One Canada Square in March 2013, which was followed by High Growth Space: 42, three floors above, in September last year.

Both areas are now more than 95 per cent occupied, with Level39 supporting younger companies and High Growth Space: 42 housing companies of eight or more employees.

Last week saw the opening of High Growth Space: 24, offering

25,000 sq feet on the 24th floor. The first occupant, a financial technology company, has already been signed up.

Eric Van der Kleij, head of Level39 at Canary Wharf Group, said: "With over 160 tech companies now based at Level39 and our High Growth Space: 42, we remain committed to delivering the right type of spaces and support for technology companies to succeed."

"This second High Growth Space, which has opened within two years of Level39's launch, is our third complete floor and underscores Canary Wharf's leading position as part of London's growing status as a global technology company hub."



At Anchor we know it's the little things that matter

If you're thinking about how to care for your loved one this winter then why not try a stay at Silk Court in Bethnal Green. You'll find a highly skilled team that's passionate about helping people to live happily and independently, providing carefully planned support 24-hours everyday.

But we also know it's the little things that can make all the difference like arranging favourite activities, making that perfect cup of tea or always finding the time for a friendly chat.

45 years' experience. Not-for-profit.

To find out more, call us free on

0808 115 8438

or visit anchor.org.uk/trial21

Anchor Care Homes. Happy living.

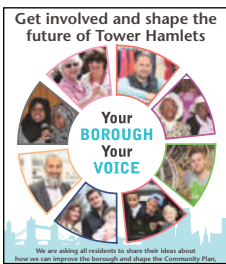
Silk Court

16 Ivimey Street, Bethnal Green, London, E2 6LR

Anchor Trust registered charity no. 1052183.

**Trial stay
25%
off***

*Valid 05/01/15 – 06/03/15. For a 4 week consecutive stay only. Conditions apply.



Help decide priorities

The Your Borough Your Voice consultation gives residents the chance to help shape the council's budget. Two meetings are being held over the next fortnight as part of the campaign.

SEE BELOW

Serving the East End

For local information on cancer and the care services provided across north east London, visit...

WWW.SMALLC.ORG.UK

News

Pets lend a paw to mental health patients

ANIMALS are being enrolled to help make mental health patients feel better and to improve their morale.

East London NHS Foundation Trust has introduced animal-assisted therapy, working with qualified practitioners and their trained pets.

Using animals in therapy has been shown to reduce stress and promote a sense of wellbeing, a view supported by the trust's clinicians, service users and staff.

Pet therapy dog Leo has been a regular visitor to the Rose Bank ward at the Tower Hamlets Centre for Mental Health where patients have shown improvements in their low mood, anxiety and depression.

One service user said: "When your confidence is at its lowest,

when you feel battered – by life, death and (especially) other humans – a dog will shove her nose in your hand and tell you, with conviction and feeling, what a really good person you are."

Matron Maureen Brown said: "Simple interactions such as petting, cuddling and fetch sessions have improved patient morale.

"Our pet therapy trained dog Leo offers an opportunity for companionship, relaxation and fun."

She said the impact had been immediately visible and on one occasion Leo was able to calm a distressed patient with a history of self-harm.

Maureen Brown is pictured with Leo the dog



Look out for cancer signs

THE Be Clear on Cancer campaign is encouraging people, particularly those over the age of 50, to recognise the signs of stomach cancer.

If you have had heartburn most days for three weeks or more it is probably nothing serious, but you should see your doctor just to check.

Each year in England 6,900 people are diagnosed with oesophageal cancer and 6,000 with stomach cancer.

Other symptoms include indigestion, trapped wind and frequent burping, unexplained weight loss or feeling full very quickly when eating.

Food can also feel like it sticks in your throat, you could have nausea or vomiting, or suffer pain or discomfort in your upper tummy area.

Have your say on budget proposals

BY SUSAN MULLIGAN

THE council will be providing an update on proposals for next year's budget at two public meetings over the coming fortnight.

Government cuts mean that the council must make £100 million of savings by 2018. So far, it has managed the impact of government funding reductions, but it will have to make more difficult decisions.

The council consulted with residents about the 2015/16 budget last autumn.

Views were sought on specific savings proposals and

some 451 completed surveys were returned. About 800 people also attended local groups and service user events.

Now, two more meetings are being held where residents can find out more about the budget.

The first is at Idea Store Bow this Thursday, January 29 from 6-7.30pm. The second is at Idea Store Whitechapel on February 5 from 6-7.30pm.

Mayor Lutfur Rahman said: "Central government cuts are hitting the public purse across the UK.

"In Tower Hamlets, we will continue to protect our residents from the cuts wherever possi-

ble, and we remain committed to ensuring that our residents' priorities are at the heart of our ongoing spending plans."

Cabinet member for resources, Cllr Alibor Choudhury, said: "The government's austerity measures mean that we have to make difficult decisions about the budget.

"It is important for residents to continue to work with us to help shape the priorities for Tower Hamlets."

A full response to all consultation issues raised by residents so far has been published on the council's website – www.towerhamlets.gov.uk

Defibrillator campaign could be a lifesaver

THE London Ambulance Service is running a campaign which aims to get at least 1,000 extra defibrillators into the capital.


When someone suffers a cardiac arrest, their heart stops

and blood ceases to be pumped around their body.

Quick use of a defibrillator, which can restart the heart, greatly improves their chances of survival.

For more information on how

to get a defibrillator for your organisation and training on how to use it, call the Shockingly Easy campaign on 7783 2366 or visit www.londonambulance.nhs.uk/shockinglyeasy



Tuesday 27 January, 1.30pm-5.30pm
Queen Mary Students' Union Hub,
329 Mile End Road, London, E1 4NT

Tower Hamlets Volunteering Fair

Come and find out more about local volunteering. Over 30 organisations will be recruiting volunteers on the day. The Fair is free and open to anyone who lives, works or studies in Tower Hamlets. The Fair is organised by Volunteer Centre Tower Hamlets with QMSU.

Start volunteering now!
Find out more at www.vcth.org.uk

With support from



**MAYOR OF
TOWER HAMLETS**



Get on top of your finances in 2015

If you do want to get on top of your finances in 2015, the Financial Ombudsman Service – offering free advice with the power to sort out financial problems – has some handy tips to help you along.

SEE BELOW

Useful information

How to get your finances in shape

Money advice from the Financial Ombudsman Service

HOW are you getting on with your New Year's resolutions?

Whether you promised to embrace a healthier lifestyle, or become more responsible with your money, reports claim that many people break their New Year's pledges within the first two weeks of January, either by overeating or over-spending.

But just because you may not have got off to the best start or have slipped up along the way, it doesn't mean you should give up altogether.

It can be daunting to know where to start, or to pull yourself back on track.

But if you do want to get on top of your finances in 2015, your neighbour in South Quay, the Financial Ombudsman Service – offering free advice with the power to sort out financial problems – has some handy tips to help you along.

Calendars and catalogues

KEEP a note of the dates any regular payments are due from your account, so you can make sure you have enough money available.

If you don't think you're going to have enough cash, let your bank know as soon as you can – they may be able to help.

Keep an eye on your payment date; it may not always fall on the same day each month. For example some payments, like those to catalogue companies, debit your account every 28 days which means your payment date will shift.

Know your credit rights

USING a credit card to buy goods or services can provide some extra protection if something goes wrong, under a

little known piece of consumer law – section 75.

You can use it if the goods or services you have paid for don't turn up or aren't of the agreed standard. These rules only apply in certain circumstances, including if the cost of the total purchase is more than £100 but less than £30,000.

But if the conditions are met, you might be able to get your money back from the company that provided you with credit.

Cooling off

MANY financial products – like credit agreements and insurance policies – have 'cooling off' periods, when you can cancel if you change your mind.

Credit agreements will generally give you a 14-day cooling off period should you change your mind; insurance contracts can vary from 14 days to 30. However, there may be exceptions – so it makes sense to check what your rights are before you sign up.

Cold calls

MANY people tell us they've signed up to contracts after being 'cold called'. Don't feel pressured in to signing up to anything on the spot. Stop and take the time to think if you really want it – and do some research; you might be able to get a better deal.

While it can be difficult to start any kind of fitness plan – you don't need to be a financial expert. If you find there is a problem, just tell the business what's gone wrong in your own words – and speak to us if you're not sure how to begin.

We hope that by following these handy tips you'll minimise the chances of sustaining a financial injury. However, if you do find your finances start to ache, get in touch – our free service can help you work out any money knots. Go to www.financial-ombudsman.org.uk or 0800 023 4 567.

Chemist rota

Pharmacists in Tower Hamlets with extended opening hours.

E1

ABC Drug Stores, 12-14

Montague Street: Mon-Fri 9am-7pm, Sat 9am-5.30pm, Sun 10am-2.30pm.

Beck & Sherman, 197

Whitechapel Road: Mon-Fri 9am-7pm, Sat 9am-5.30pm, bank holidays 11am-1pm.

Sainsbury's, The Albion

Brewery: Mon-Fri 8.30am-10pm, Sat 7.30am-10pm, Sun 11am-5pm.

Chapel, 139 Cannon Street:

Mon-Fri 9am-8pm,
Sat 9am-6pm.

E2

Fairdale, 360 Bethnal Green Road: Mon, Tues, Weds, Fri 9am-6.30pm, Thurs 9am-1pm, Sat 9am-6pm, bank holidays 11am-2pm.

Florida, 307 Bethnal Green

Road: Mon-Fri 9am-7pm, Sat 9am-6pm, bank holidays 11am-2pm.

E3

Bell, 534 Roman Road: Mon-Sat 7am-11pm, Sun 10am-2pm.

Forward, 648 Mile End Road:

Mon-Fri 9am-7pm, Sat 9am-6pm, Sun and bank holidays 10am-6pm.

Green Light, St Andrew's Health Centre, 2 Hannaford Walk: 8am-8pm, seven days a week, including bank holidays.

Lincoln, 60 St Paul's Way:

Mon, Tues, Weds 8am-8pm, Thurs, Fri, 8am-8pm, Sat 9am-5pm.

Tesco, Hancock Road: Mon 8am-10.30pm, Tues-Fri 6.30am-10.30pm, Sat 6.30am-10pm, Sun 11am-4pm.

E14

Boots, Unit 15, Jubilee Place: Mon-Fri 7am-midnight, Sat

9am-6pm, Sun 12pm-6pm.
Britannia (Perimart), Asda Precinct, East Ferry Road: Mon-Sat 9am-8pm, Sun 11am-4pm, bank holidays 11am-6pm.

Doctors

Please ring your doctor's surgery for an appointment, but if it's the weekend or late at night, call 7377 7151 (only for people in Tower Hamlets who are registered with a doctor).

To find a doctor, dentist or help to quit smoking call the health hotline on 7364 5016, Mon-Fri 8am-8pm and Sat 8am-4pm.

Advice

Family Information Service (FIS)

The Family Information Service provides information for people from birth to age 19 including helping parents and carers find high quality childcare, advice on tax credits and childcare vouchers. Open Mon-Fri, 8am-6pm. 30 Greatorex Street, E1. fis@towerhamlets.gov.uk 7364 6495

Tower Hamlets Home Birth Support Group

Last Thurs of each month, 8pm. 31 Ridgale Street, E3. 8981 1159

Parents Advice Centre (PAC)

Offers impartial advice around special educational needs (SEN). 30 Greatorex Street, E1. Drop-in sessions every Tues, 9.30am-3.30pm & Fri, 9.30am-3.30pm. 7364 6489

LinkAge Plus

Toynbee Hall is one of five network centres that co-ordinates services and activities provided. Mon-Fri from 9am-5pm, drop-in session for advice on benefits, pensions, employment and housing. Appointments necessary. Mon 9am-5pm, Bangladeshi group. Toynbee Hall, Commercial Street, E1 7392 2914 www.toynbeehall.org.uk

Welfare advice

All the organisations listed below can help you with welfare benefits, housing and general debt problems.

Account 3

1-9 Birkbeck Street, E2. 7739 7720 www.account3.org.uk

Bangladesh Youth Movement

21-23 Henriques St, E1. 7488 1831/2

Bromley by Bow Centre

St Leonard's Street, E3. 8709 9737 www.bbbc.org.uk

Citizens Advice Bureau (CAB)

32 Greatorex Street, E1. 7247 1050 www.adviceguide.org.uk

Island Advice Centre

Island House, Roserton Street, Isle of Dogs, E14. 7987 9379 www.island-advice.org.uk

Legal Advice Centre

University House,

104 Roman Road, E2. 8980 4205 www.legaladvicecentre.org.uk

Limehouse Project

Cheadle Hall, Cheadle House, Copenhagen Place, E14. 7538 0075 www.limehouseproject.org.uk

Praxis (New Residents Service)

Pott Street, E2. 7729 7985 www.praxis.org.uk

Tower Hamlets Law Centre

(specialist advice by appointment). Tower Hamlets Law Centre, Unit 1, St. Anne's Street, off 789-791 Commercial Road, E14. 7538 4909 www.thlc.co.uk

Debt advice

Toynbee Hall Advice Service

28 Commercial Street, E1. 7392 2953 advice@toynbeehall.org.uk www.toynbeehall.org.uk

Fair Money Advice

530 Commercial Road, E1. 7702 8032 www.fairfinance.org.uk

Island Advice Centre

Island House, Roserton Street Isle of Dogs, E14. 7987 9379 www.island-advice.org.uk

National Debt Line

0808 808 4000



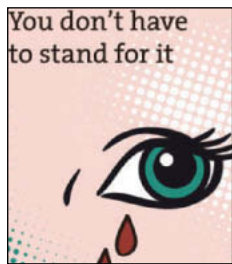
Photo order form

Copies of pictures published in East End Life taken by council photographers are available to readers. To request a copy, email eastendlife.news@towerhamlets.gov.uk and we can send it straight away. If you do not have access to email fill in this form and send it to Photos, East End Life, Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG. This service does take longer.

Name

Address

Issue no. Page no.



A sensitive issue

"I am sure readers will agree this leaflet is beautifully designed, well researched, informative and authoritative. It tackles a highly sensitive issue in a way that is both direct and sympathetic."

JOHN WATKIN, HEAD TEACHER AT HARPLEY INCLUSION CENTRE

800 helping out

Nearly 800 volunteers from the Lloyd's Community Programme volunteer to help local primary school pupils.

SEE BELOW

News

PM urged to take action on poverty

A TEENAGER from Poplar has added her signature to a letter to the Prime Minister urging him to join other world leaders to take action against poverty, inequality and climate change.

Juwairiyah Aftab was among a group of fifteen 15-year-olds, who handed in the letter at 10 Downing Street earlier this month as part of the action2015 campaign.

The letter calls on David Cameron to prioritise decisions on these issues at two world summits in New York and Paris later this year.

Juwairiyah, who volunteers with the charity Islamic Relief, said: "I have seen first-hand

the effects of poverty in my own community.

"I'm taking part in action2015 because it's vital that the UK's current leaders do all they can to make a safe, just and prosperous future for young people.

"We are worried about poverty around the world and equality and justice as this affects us all.

"I want to see the UK's leaders take serious action at the two big summits coming up this year. I'm optimistic that we can beat poverty and ensure education is a key focus on the global agenda – but we have to act now."

For more information about action2015 visit www.action2015.org



Juwairiyah (wearing headscarf) with the group at Number 10

Number fun and games

YEAR 4 pupils at Globe Primary have new board games to help them polish up their maths skills.

The Bethnal Green school is part of the Number Partners scheme, which matches pupils with business volunteers who meet them weekly to play maths-related games or complete work sheets.

Globe Primary is supported by volunteers from the Lloyd's Community Programme (LCP), which enrolls people working in the Lloyd's insurance market.

The volunteers recently bought new games, including Magic Carpet and Times Square.

After a game of Times Square Nafisah Rahman, 9, said: "It's really fun. You have to times the two numbers on the spinners and then try and get all your counters in one line."

Girls help tackle gender violence

BY STEFAN SWIFT

A GROUP of students has helped produce a leaflet about gender-based violence.

Students and teachers from the Harpley Inclusion Centre, a pupil referral unit, in Stepney Green launched the leaflet at a conference organised to highlight the importance of youth participation in tackling violence against women and girls in the borough.

The flyer was created after the domestic violence team linked up with students on the centre's BTEC health and social care course, for which they had to launch a health campaign and produce materials.

Council staff worked with the young women in weekly sessions to come up with a suitable design and relevant information.

One student said: "At the



Head teacher John Watkin with students Nishat, Jessica, Daisy and Maisie, council officer Lucy Allwright and tutor Alison Kouzaris

beginning of this project I knew what physical abuse was but I didn't know about emotional abuse.

"I think in some ways it's more hurtful – you go through stress, depression and everything."

The resulting flyer will be used by the council to contribute towards prevention, a key pillar of the violence against women and girls strategy, and will be sent to schools and youth services.

Cllr Ohid Ahmed, cabinet

member for community safety, said: "The literature from this project is a wonderful resource."

Harpley Centre head teacher John Watkin said: "The launch of this leaflet was an immense proud moment.

"The education of these girls has, at some time in the past, been badly disrupted but they are back on track and working hard to get the best possible start to their post-school futures.

"This project has played a massive part in that process."

HOW WILL YOU IMPROVE YOUR COMMUNITY?

Don't miss the first meeting of your Local Community Ward Forum.

The dates of the first round of meetings are as follows:

(All meetings are scheduled to last two hours)

St Peter's

Keddleston Walk Community Centre,
Keddleston Walk, London, E2 9RP
6.30-8.30pm, Monday, January 26

Bromley North

Kingsley Hall, Powis Road, E3 3HJ
6.30-8.30pm, Tuesday, January 27

Bromley South

The Lincoln Centre, 70 Fern Street, E3 3PR
6.30-8.30pm, Thursday, January 29

Bow East and Bow West

St Paul's Church, St Stephen's Road, E3 5JL
6.30-8.30pm, Monday, February 2

Poplar

Tower Hamlets College, George Green Building, 155
East India Dock Road, E14 6DA
6.30-8.30pm, Tuesday, February 3

Stepney Green

Tower Hamlets College, Arbour Square,
London, E1 0PT
6.30-8.30pm, Wednesday, February 4

Spitalfields and Banglatown

Toynbee Hall, 28 Commercial Street,
London, E1 6LS (Ashbee Hall/ Lecture Hall)
6.30-8.30pm, Thursday, February 5

Weavers

Saint Hilda's East Community Centre,
18 Club Row, London, E2 7EY
6.30-8.30pm, Monday, February 9

St Katharine's and Wapping

Raines House, Raine Street
(off Wapping Lane), E1W 9RG
6.30-8.30pm, Tuesday, February 10

Shadwell

Tarling East Community Centre
63 Martha Street, London E1 2PA
6.30-8.30pm, Wednesday, February 11

Limehouse

Cruising Association, CA House,
1 Northey Street, Limehouse Basin, E14 8BT
6.30-8.30pm, Thursday, February 12

Blackwall and Cubitt Town

Island House Community Centre,
Roserton Street
6.30-8.30pm, Wednesday, February 18

Island Gardens

George Green's School,
100 Manchester Road
6.30-8.30pm, Wednesday, February 18

For more information visit www.towerhamlets.gov.uk/localforums



MAYOR OF
TOWER HAMLETS



What's on offer?

During 2014, more than two million people used the borough's seven leisure centres.

WWW.GLL.ORG



Get Your Skates On!

Don't miss community fun day Get Your Skates On at Bethnal Green Gardens on February 18. There will be an ice-skating rink, athletics, basketball, football, art & crafts and health info stalls.

WWW.TOWERHAMLETS.GOV.UK/SPORT

Feature

The council's sport & physical activity team is looking forward to a busy providing a variety of activities all year round to improve residents' health

There's a sport out



(Above left and right) Last year's Sporting Carnival was held at Stepney Green Park and hosted a range of fun activities



(Left) Urban Wheeler Jam at Victoria Park attracted hundreds of residents

AS the days start to get longer and energy levels begin to rise, why not take a second look at the sports and leisure facilities on offer in Tower Hamlets to get you into peak condition?

The sport and physical activity (SPA) team works with local organisations such as community sports clubs, national governing bodies and statutory bodies to put together an extensive programme of events for all ages and abilities to enjoy throughout the year.

In 2014, the services provided or facilitated by the SPA team and its leisure operator, Better, attracted more than two million people.

This year the team hopes to attract even more people to the council's seven leisure centres.

Mayor Lutfur Rahman said: "It is incredible that so many people took part in these sporting activities during 2014 and we



hope for an even better response to our programme this year."

Cllr Shafiqul Haque, cabinet member for culture, added: "There is a huge number of

sporting and physical activities of all disciplines for a wide range of ages, so we urge all residents to get involved. Events take place across the borough so it's a great chance to get fit for the new year."

What's on in 2015?

THE team has an action-packed programme of activities and events lined up for 2015 for the whole family to take advantage of, kicking off with **Get Your Skates On** at Bethnal Green Gardens on February 18, from 10am-4pm.

Wrap up warm and show off your figure skating moves and new age curling on a synthetic ice-skating rink.

Other activities on offer will include tennis, athletics, basketball, football, storytelling, face painting, art and crafts, and a bouncy castle, as well as stalls on health promotion and weight management.

During the summer there will be a series of **sports and play festivals** taking place across six of the boroughs parks – Victoria Park, Mile End Play Park, Millwall Park, Stepney Green Park, Weavers Fields and King Edward Memorial Park.

If parents would prefer to keep children active on a regular basis or maybe just during the school holidays why not try the **weekly sessions or holiday activities** for young people.

Ranging from BMX riding, girls' football, athletics and tennis to multi-

APPLICATIONS are now open for talented young sports men and women from Tower Hamlets to apply for a share of a £1 million funding pot. Aspiring athletes have until February 20 to apply for grants worth up to £1,250. Funding is provided by the GLL Sport Foundation (GSF), operated by social enterprise GLL and supported by the council. With 76 per cent of awards going to athletes under the age of 21, the scheme works to support the next generation of sporting talent. In 2014, GSF supported 1,500 athletes

including 96 from Tower Hamlets. Weightlifting sensation Mercy Brown (left), 18, from Poplar has benefited from the scheme. The England senior international competed at the 2014 Commonwealth Games in Glasgow where she narrowly missed out on a bronze medal. She said: "The GLL Sport Foundation helps me a lot with being a full-time student and trying to train as a full-time athlete." To apply and find out further details of the scheme go to the GSF website at www.gllsportfoundation.org



Financial help for aspiring athletes

Need a helping hand with financing your training? Apply for a GLL Sport Foundation grant. Aspiring athletes have until February 20 to apply for up to £1,250.

WWW.GLLSPORTFOUNDATION.ORG

Free outdoor fitness

Fancy exercising in the great outdoors? Download the Our Parks app or visit the website at...

WWW.OURPARKS.ORG.UK

Feature

12 months to further develop the borough's sport and leisure facilities, and wellbeing. **Shalina Hussain** reports on their plans.

there for everyone...

sports for young people with disabilities, there's something for everyone.

The team also runs a programme of activities for adults. A fun twist on the traditional gym class, **Our Parks** is a series of free fitness sessions that aims to get people fit and healthy in some of the borough's most picturesque parks, including Victoria Park, Meath Gardens, King Edward Memorial Park, Bethnal Green Gardens, Stepney Green Park and Millwall Park.

The Our Parks initiative comes to the borough following a successful pilot programme supported by the leisure team in Waltham Forest. All classes are funded by the council to encourage residents to be more active.

During the winter several of the sessions take place inside at community venues, such as St Paul's Way Centre and Dron House Community Hall. Fun sessions include

buggy fit,



abs, burns and turns, hula hooping and box fit. For more information visit www.ourparks.org.uk/borough/towerhamlets, download the Our Parks app or visit a

session and talk to one of the qualified fitness instructors.

The sessions have been remarkably successful with more than 1,500 people taking part in five months in 2014. Why not give it a go and get your 2015 off to a healthy start?

As well as offering a range of activities to keep you fit and healthy, the SPA team is also busy improving sport and leisure facilities in the borough.

The first facility to open is the **Stepney Green 3G AGP pitch**, funded by a £451,000 grant from the Premier League and the Football Association, which is now open.

Further improvements for 2015/16 include resurfacing **St John Gardens tennis courts** and the installation of environmentally-friendly floodlights and artificial pitches at **John Orwell Sports Centre** and **Mile End Stadium**.

The changing pavilion at **Victoria Park** will also undergo refurbishment.

This is going to be an exciting year for sports and physical activity, so if you'd like to get involved by playing, volunteering, coaching or you want more information on what's on offer, then visit www.towerhamlets.gov.uk/sports or contact the SPA team on 7364 2433.



(Above left) The Young @ Heart annual games for over-50s took place at the Copper Box Arena

(Left) Stilt-walkers entertain kids at last year's Sporting Carnival at Stepney Green Park

(Right) More than 70 teams took part in the Mayor's Cup 2014





Keep it clean

You can report litter bin problems via text message or QR code.



Waste by numbers

90 tonnes of waste is swept off the streets of Tower Hamlets every week; the council spends £6.2 million a year cleaning the streets; there are more than 3,000 litter bins in Tower Hamlets.

News

Tower Hamlets has some of London's best markets. But who makes sure they are clean and ready for the next day's business? East End Life followed the council's clean-up operation at Whitechapel Market on a cold, damp night.

NO other place offers such an array of markets. Ten of them, including Brick Lane, Petticoat Lane and Columbia Road, are managed by the council.

With the high number of visitors and traders there is also the often-unseen operation to clean up after shoppers and traders have gone home.

This is done after hours by Veolia, the council's cleaning contractor.

The evening service, including the market area cleaning, clears away rubbish and dirt which has built up during the day across the borough.

Teams of cleaners generally leave the depot in Poplar at about 2pm after carrying out vehicle checks and collecting work orders for the shift.

The first task is for the mechanical sweepers to clear away the main routes in the borough and any other areas that have deteriorated throughout the day.

To supplement this work there are rapid response teams who attend any fly-tipping that has been reported, tour the borough looking for more and react to calls that come through.

John Gleeson, Veolia's environmental manager for the 'pm' shift, said: "I am always amazed by the number of small dumps we come across each day.

"People are so irresponsible just dumping rubbish anywhere and expecting the council to come along and clear it up. There are so many rubbish bins on the streets, it is just not necessary."

The markets clean-up starts at about 5pm, seven days a week, scheduled around the markets in operations each day.

Each is cleared of the rubbish left behind by the traders and swept clean.

The busiest market, and most frequented, is Whitechapel and this is always the final market to be cleared because of its late closing.

Clearance begins at 7pm, from Vallance Road to Cambridge Heath Road. The dustcart goes through first, clearing all



John Gleeson (right) with the market clearance team on the 'pm' shift

Out on the streets with the unseen clean team

boxes, bags and rotted fruit and vegetables, and emptying the large waste containers for the final time that day.

While this is in progress one mechanical sweeping team cleans the opposite side of the road – from Jamaica Street to New Road – of all litter that has been blown across from the market.

They then join another mechanical sweeping team to clear the market of all litter.

Each of the mechanical teams has two sweepers and these are joined by the rapid response teams and the evening market sweepers.

During the warmer months the area is jetted down with water, but this isn't done through the winter due to the risk of ice.

The final part of the operation is when all of the rubbish is swept to the kerbside for the machines to collect and suck up.

Mr Gleeson added: "It is quite an operation that is mounted each evening to clean up Whitechapel Market.

"I don't think people realise the number of vehicles and manpower involved as the work is done when most people have gone home for the evening.

I don't think people realise the manpower involved as the work is done when most people have gone home."

John Gleeson, Veolia



Eric Ntiedu and Darren Clark (Below) Steve Marshall





105 years in the making

"Muslims have been part of European society for a long time. The launch of the archive is testament to that, and we have worked together to share the mosque's rich 105-year history."

DR MUHAMMAD ABDUL BARI, MOSQUE TRUSTEE

Got a story to tell?

If you have a tale about East End history, write to John Rennie or email him at johnrennie@gmail.com

WWW.EASTLONDONHISTORY.COM

History

History of mosque unveiled

BY JOHN RENNIE

EARLIER this month guests gathered at East London Mosque to celebrate the launch of Britain's first ever Muslim archives.

MPs Sadiq Khan and Simon Hughes, chief executive of the National Archives Jeff James and Humayun Ansari, Professor of the History of Islam at Royal Holloway, University of London, were just a few among the many marking the conclusion of exhaustive work by archivist Eilis McCarthy over the last two years, cataloguing the mosque's entire collection.

Experts from the National Archives and Tower Hamlets Local History Library were on hand to help.

The mosque is at the centre of life for many people, a place of worship for 35,000 visitors each week, and accommodating up to 7,000 at any time within its monumental building in Whitechapel High Street, which rose in 1982 on land left vacant since World War II bombing.

So it's no surprise that it's one of the biggest mosques in Europe, serving Britain's largest Muslim community.

What's more surprising is that the mosque has a much longer history, dating back 115 years.

Odd to relate, it began its life with meetings in the Ritz Hotel. But even that is recent history in the story of Islam in London.

It's a tale that takes in Geoffrey Chaucer, Elizabeth I and the introduction of such disparate traditional London delights as coffee, chess, Turkish baths and shampoo.

One of the earliest references to Muslims in the East End comes in the prologue to Geoffrey Chaucer's *Canterbury Tales*, in 1386, though the English crown had already become friendly with a number of Islamic countries (at least after the Crusades).

Queen Elizabeth I asked the Ottoman Sultan Murad for naval assistance against the Spanish Armada. And a 1641 document refers to 'a sect of Mahomatens [being] discovered here in London'.

There was an obvious interest in Islam – in 1649, Alexander Ross made the first translation of the Quran into English. The previous century, John Nelson had become the first recorded Englishman to convert to the religion.

Endless references to 'Turks', 'Moors' and 'Blackamores' (as well as 'Mahomatens') reveal that Muslims were visiting and settling in London.

Trade, as ever, was the driver. Three of Queen Elizabeth's chartered companies (the Levant, Barbary and East India) sent her



Simon Hughes and Sadiq Khan with archive volunteers at the launch



The entrance to the mosque



Worshippers pictured in 1941

subjects to do business with Muslims, from Marrakesh to Agra.

And, of course, they returned the compliment. In 1611, Thomas Coryate wrote of the men walking the city's streets, marked out by the "rowle of fine linen upon their heads" (turbans in other words). In 1657, two Turks petitioned Oliver Cromwell for help in returning home.

And the arrivals popped up in literature – a Restoration play had a Turkish coffee shop keeper doing well in London, but struggling with a henpecking English wife.

Ah yes, coffee. Just as the English traders brought back tea from China, so the newcomers brought their own refreshments.

Coffee first appeared in London in 1650, when Pasqua Rosee opened the first coffee shop in Lombard Street, the drink having made the journey over centuries from Ethiopia, to Yemen, via Mecca and Turkey, then to Venice and finally to England.

And other innovations were being brought to the capital. Chess was developed in Persia, but by the late 1600s was being played in those coffee shops.

The gaiety of London life was enhanced by imports from Arabia including the tulip and carnation. Even our numbering

system is an Arabic one; appropriately then, the fountain pen came to us from Egypt.

Scientific discoveries were also flowing west (though not always being accepted at first). The windmill, inoculation, many familiar surgical instruments (little changed today), the process of distillation and even the crankshaft came to us from the Middle East. The Turkish bath speaks for itself, but shampoo also was brought to us by incoming Muslims.

The first mosque in Britain actually long predates our own, opening 300 years ago in Cardiff. The siting isn't so odd. Muslim communities would inevitably grow up in port towns, where sailors (taken on as crew in India or Pakistan perhaps) would leave their ships and settle.

And yet, like so many other incomers, they didn't have the rights of a Christian born in England.

The idea of Muslims becoming subjects of the Crown became so important for John Locke that in 1689, he urged: "Neither pagan nor Mahometan nor Jew ought to be excluded from the civil rights of the Commonwealth because of his religion."

Writers such as John Gregory, Henry Stubbe, John Fox and Edward Pococke

■ A JOINT project with the National Archives, the new online archive catalogue, details East London Mosque's private collection, which will be made accessible to researchers.

Minister of State for Justice Simon Hughes praised the "wonderful collaboration" on show between the National Archives and the mosque, while his shadow minister Sadiq Khan said the archives showed what Muslim communities had done to regenerate "economically, socially and spiritually this part of London".

Jeff James of the National Archives added that the new archives were "absolutely tremendous".

Prof Humayun Ansari congratulated the mosque and said that it was of "immense value".

The project was made possible by support from the National Archives cataloguing grant programme, and expert guidance from staff at the National Archives' religious archives private archives team and Tower Hamlets Local History Library & Archives.

became deeply interested with Quranic theology and Islamic history.

The ructions of political history saw surges in immigration of course. Many came to London after the opening of the Suez Canal in 1869. The increase in trade caused a demand for men to work in ports and on ships. There are records of Sylheti men working in London restaurants as early as 1863.

By the early 20th century there were some 10,000 Muslims in Britain, but the turmoil following Indian partition saw many more arrive from the 1950s – the wages on offer in London proved a big draw too.

The construction of the Mangla Dam in the early 1960s, submerging 250 villages and displacing 100,000 people, drove many more to London. And the long-standing connections with the Northwest Frontier and Azad Kashmir (traditional recruiting grounds for the British Navy and Army) saw many more relocating here, as did the policy of 'Africanisation' of certain African regimes (most brutally in the case of Idi Amin's Uganda).

The days of mass immigration are long gone, but the relationship between London, Muslims and Islam is here to stay... and dates back hundreds of years.



A range of services

The council provides many services for residents and businesses. Go to the A-Z on the website at

WWW.TOWERHAMLETS.GOV.UK

Council information

Tower Hamlets forward planner

TOWER Hamlets Council produces a forward plan every month detailing the key decisions it will take, together with the details of

the author, and consultation undertaken. It can be found in Idea Stores, libraries, One Stop Shops and council offices or at www.towerhamlets.gov.uk/data/your-council/data/forward-plan/forward-plan.cfm

Meetings

Monday, January 26

12pm: Appointments sub-committee

For details call 7364 4207 or email elizabeth.dowuona@towerhamlets.gov.uk

Tuesday, January 27

7.30pm: Standards (advisory) committee

For details call 7364 4878 or email david.knight@towerhamlets.gov.uk

Wednesday, January 28

5pm: King George's Field Charity Board

More details from David Knight (see above).

7.30pm: Human resources committee

Call 7364 4651 or email matthew.mannion@towerhamlets.gov.uk

Thursday, January 29

7.30pm: Strategic

development committee

For details call 7364 4877 or email zoe.folley@towerhamlets.gov.uk

Tuesday, February 3

6.30pm: Licensing sub-committee

For details call 7364 4120 or email simmi.yesmin@towerhamlets.gov.uk

7.15pm: Overview & scrutiny committee

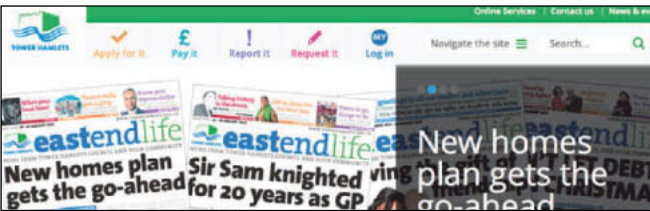
More details from David Knight (see left).

Wednesday, February 4

5.30pm: Cabinet

For information contact Matthew Mannion (see left).

Details are accurate at time of going to press. Agendas are available online a week before meetings, which are at the Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG, except cabinet.



Tower Hamlets online

www.towerhamlets.gov.uk

For information on council services, including:

- report a missed rubbish collection
- make a doorstep recycling request
- report an abandoned vehicle
- bulk rubbish collections



Get information on welfare reform

The council's benefits service can provide information about housing benefit, council tax benefit and entitlement to free school meals. It has compiled a list of helpful agencies at...

WWW.TOWERHAMLETS.GOV.UK/WELFAREREFORM

Planning

E1

91 Stepney Way – demolition of vacant public house and construction of four-storey building to provide nine residential units.

E2

58 Hereford Street – addition of 3.6m-deep single-storey rear extension.

E3

Site at Bow Wharf adjoining Regents Canal & Old Ford Road – demolition of part of chalet building and construction of replacement southern elevation to match existing.

E14

Building C, Providence Tower, New Providence Wharf, Blackwall Way – application for non-material amendment to planning permission ref. PA/13/01953, dated 10.11.14.

Amendments sought: amendment to condition no. 7 (landscaping) & 25 (drawings); deletion of condition no. 21 (vibration).

This is not a definitive list of all current planning applications.

For more details go to the council's website at www.towerhamlets.gov.uk and click on Planning & Building.

Drug treatment providers

Community Drug Team

Substitute prescribing, key working, health screening & referral to residential treatment. 71 Johnson Street, E1.

7790 1344
www.lifeline.org.uk

Nafas

Support with a focus on Bangladeshi community. The Davenant Centre, 179-181 Whitechapel Road, E1 7377 0676.

Harbour Recovery Centre

In-patient detox for 18+ males. Riverside House, 4th Floor, 20 Garford Street, E14. 7538 9421

Young People's Service

Treatment for under-19s Unit 26, Skyline Village, Limeharbour, E14. 3069 7878
www.lifeline.org.uk

Isis

For women aged over 18 c/o Hopetown Hostel, 60 Old Montague Street, E1. 7426 0399
www.compass-uk.org

Community Alcohol Team

Unit 22, Skylines Village Limeharbour, E14. 0800 008 7200
www.rapt.org.uk

Somali Substance Misuse

Help, advice & referral for people with khat, alcohol or drug issues. Contact Idriis Elmi. Mind in Tower Hamlets & Newham, Open House 13 Whitethorn Street, E3. 7510 1081

Ten new recruits join work scheme

Disability programme extended after successful year

BY ANNA WILSON

A COUNCIL scheme that provides work experience for people with disabilities is being extended because it has been so successful.

Another ten people will benefit in February from the learning disability work placement programme, which has supported those taking part across a range of council departments. Participants also attain a level 1 NVQ in business administration.

Since 2013, the council has placed 32 people, five of whom have gained paid employment after their first year.

Mayor Lutfur Rahman said: "The scheme has been extremely successful, with positive feedback from those who have taken part. We are thrilled to

continue offering this scheme to provide unique opportunities and lifelong skills."

Barry Duplock, who has learning disabilities, has been working at Toby Lane contract services department, helping with Meals on Wheels and school meals.

He said: "I was really excited to start work.

"I was a little nervous to start with but have really enjoyed my time so far and am learning lots."

Stephen Allen, who also has learning disabilities and has been working in the workforce development team, said: "I was really eager to start work with the council.

"Even though I was nervous at first, I've enjoyed the work and meeting my new colleagues, and look forward to the next 12 months."

Deputy Mayor and cabinet member for economic development, Cllr Oliur Rahman, said: "We will be extending placement opportunities with our partners across health and the voluntary sector.

"All employers are providing support to help recruits feel comfortable in a working environment where they can use their skills to gain paid employment in the future."

Continued support is provided by the council and the Tower Project – a voluntary group providing services to disability groups – to arrange placements and interview candidates.

If you are interested in offering a placement opportunity as part of the scheme, or require further information, email julie.bolton@towerhamlets.gov.uk

Public notices

PUBLIC NOTICE

THE LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

TEMPORARY PROHIBITION OF TRAFFIC – NEW GOULSTON STREET E1

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets, having consulted City of London, with the agreement of Transport for London, proposes to make an Order, which will prohibit vehicular traffic from entering, stopping or proceeding in the length of carriageway in New Goulston Street between its junction with Goulston Street and its junction with Middlesex Street.

The restriction on vehicular traffic will enable essential gas works to be carried out on the public highway by tRiIO.

The alternative route for vehicular traffic will be via Middlesex Street, Gravel Lane, White Kennett Street, Stoney Lane, Houndsditch, St. Botolph Street and Whitechapel High Street.

The restriction on vehicular traf-

fic will operate from Thursday 19th February 2015 to Tuesday 10th March 2015 and at times when temporary traffic signs are placed on the public highway pursuant to the Traffic Signs Regulations and General Directions 2002.

Please refer any queries regarding the above traffic restriction to David Pryce, Network Coordinator, Network Manage-

ment Team, Transport and Highways on 020 7364 6898 or email, david.pryce@towerhamlets.gov.uk

Dated: 26th January 2015

JAMIE BLAKE
SERVICE HEAD
PUBLIC REALM
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG

To advertise here call...

Terri on 7364 4682

Chris on 7364 4994

Fatima on 7364 4623

Sharan on 7364 4061



Register now for free news

Tower Hamlets residents can register for the free news and consultation service giving updates on subjects they choose as often as they want them. For more information visit...

MY.TOWERHAMLETS.GOV.UK



Did you get it?

Last week's picture was of a memorial in Club Row, E2.

Council information

Town Hall

Town Hall, Mulberry Place,
5 Clove Crescent, E14 2BG.
7364 5000

Hotline numbers

Housing benefits – 7364 5001
Council tax – 7364 5002
Parking services – 7364 5003
Streetline – 7364 5004
Adult social care – 7364 5005
Children's services – 7364 5006
Pest and noise nuisance –
7364 5007
Employment & skills service
(Skillsmatch) – 7364 3727
Environmental health,
trading standards & licensing
– 7364 5008
Planning & development
– 7364 5009
Business rates – 7364 5010
Recruitment line – 7364 5011
Electoral services – 7364 0872
Tower Hamlets Homes – 7364
5015
Healthline – 7364 5016

General enquiries

Council enquiries – 7364 5020.

Useful housing numbers

Housing repairs – 0800 376 1637
Tenancy support – 7364 5544
Housing advice (E14) – 7364 7507
Housing advice (E1, E2 or E3)
– 7364 3558
Homeless service – 7364 7474
Choice-based lettings
– 7364 0244
Homeseekers – 0845 270 2400

Switchboard

If you know the name of the person or department, call the switchboard on 7364 5000.



Do you know where to find this unusual feature of the borough? Our popular oddities picture poser gives readers the chance to keep their eyes peeled to see if they can spot where our photographers took the pictures. If you have photos of your own you would like to see published in East End Life, email them to eastendlife.news@towerhamlets.gov.uk or send them to Photo Poser, East End Life, Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG. They need to be high resolution, at least 1MB and 300 dpi.

Report it!

To report an incident, use these 24-hour freephone numbers:

Non-emergency crimes – 101
Textphone – 18001 101

If a crime is in progress, there is an emergency or if anyone is in immediate danger dial 999.

The council's domestic violence team can provide information, signposting and referrals to local services. Bengali speakers available

0800 279 5434 (office hours)
24-hour domestic violence national helpline
0808 2000 247
Haven Whitechapel (sexual assault referral centre)
7247 4787
Karma Nirvana (Honour Network Helpline)
0800 5999 247
Broken Rainbow (LGBT domestic violence)
0845 260 4460
Black Women's Health & Family Support
8980 3503
Rights of Women

(legal advice)
7251 6577
Victim Support Line
0845 30 30 900
Victim Support Tower Hamlets
8555 8254
NSPCC Child Protection Helpline
0800 800 5000
Childline
0800 1111
Shelterline
0808 800 4444
Respect (for perpetrators)
0845 122 8609

Reunite (advice about child abduction)
0116 2556 234
Men's Advice Helpline
0808 8010 327
Samaritans
08457 909090

Tower Hamlets Mediation Service offers confidential and impartial advice with neighbour conflict
Free service for council tenants and leaseholders. 7702 8305

Trading standards
Consumer Direct: 08454 040506

Walk-in services

One Stop Shops

Bethnal Green – 1 Rushmead, off Bethnal Green Road, E2
Bow & North Poplar – John Onslow House, 1 Ewart Place, E3
South Poplar – 15 Market Square, Chrisp Street, E14
Stepney & Wapping – Idea Store Watney Market, 260 Commercial Road, E1.
Open Mon-Fri, 9am, doors close at 4.30pm. Sat, 9am, doors close 12.30pm at Rushmead and Idea Store Watney Market only.

Idea Stores

Bow – Gladstone Place, E3.
Canary Wharf – Churchill Place, Canary Wharf, E14.
Chrisp Street – Vesey Path, E14.
Whitechapel – 321 Whitechapel Road, E1. 7364 4332
Watney Market – Commercial E1. 7364 4332
All open: Mon to Thurs, 9am-9pm; Fri, 9am-6pm; Sat, 9am-5pm. Sundays – Bow and Chrisp Street open, 10am-4pm; Whitechapel, 11am-5pm; and Canary Wharf, 12-6pm.

Libraries

Bethnal Green – Cambridge Heath Road, E2. 8980 3902
Cubitt Town – Strattondale Street, E14. 7987 3152
All open: Mon, Tues, Weds & Fri, 10am-6pm; Thurs, 10am-8pm; Sat, 9am-5pm.
Local History Library and Archives – 277 Bancroft Road, E1. Open Tues, 10am-5pm; Weds, 9am-5pm; Thurs, 9am-8pm; Sat (1st & 3rd of the month), 9am-5pm.
7364 1290; email localhistory@towerhamlets.gov.uk

RedGreen
SCHOOL OF MOTORING

Packages Available

5 Lessons

10 Lessons

20 Lessons

from **£15** per hour

First 2 hrs £25*

Discounts for

Students

Block Booking

Intensive Courses

07950 567 202

*Conditions Apply

0% COMMISSION

RENT GUARANTEE

1-6 BEDROOM PROPERTIES URGENTLY REQUIRED IN ALL AREAS OF LONDON

FREE GAS SAFETY & EPC CERTIFICATE

1-5 YEAR RENT GUARANTEE

DEDICATED MANAGEMENT SERVICE

VETTED PROFESSIONAL TENANTS

CALL FOR A FREE RENTAL VALUATION

0203 384 2636

eLondon Lets

Lettings & Management

Starlite

Independent driver training

Special Offer

First 5 Lessons only **£58*** (15 hrs)

Double Lessons **£25*** (T&Cs Apply)

Automatic Available

07957 753 066

Students Discount & Block Booking Available

call us anytime

Fast Removals

07957 191 134

REMOVAL & DELIVERY

ANY SIZE REMOVAL

House • Flat • Office • Waste Removal

Competitive Rates

www.fastremoval.com

alam@fastremoval.co.uk

07957 191 134

NITROUS

Driving School

www.nitrousdrivingschool.co.uk

07956 222 611

Special Offer

Manual and Automatic

5hrs - £65

FREE ONLINE THEORY PRACTICE

*Introductory offer

*Terms and conditions apply

BE FIT TODAY.CO.UK

WOMEN ONLY

CIRCUIT CLASS!

Every Thursday 6pm - 7pm

Includes boxing, abs and core work, squats, skipping, and much more.

£48 for 8 sessions

£27 for 4 sessions

£7 for 1 session

Email us on admin@befittoday.co.uk with your full name and details or call **020 7101 5049**

Richard Street, Commercial Road, London E1 2JP
Tube: Whitechapel • DLR: Shadwell

Isku soo dhawaashada

War iyo wacaal waxaad haysaan u soo dir boga isku soo dhaweynta bulshada ee East End Life.

7364 3179



বুকজ্বালা বা গলায় খাবার আটকে যাওয়ার ভাব হচ্ছে?

তিন সপ্তাহ বা তার বেশি দিন ধরে কী আপনার হার্টবার্ণ হচ্ছে? গুরুতর কিছু না হওয়ার সম্ভাবনা বেশি থাকলেও উপসর্গের দিকে একটুখানি নজর দেয়া হলে এবং ডাক্তারের কাছে গেলে অনেক ভালো ফল পাওয়া যেতে পারে। এ ব্যাপারে জন-সচেতনতা সৃষ্টির লক্ষ্যে আগামী সপ্তাহ থেকে শুরু হচ্ছে প্রায় মাস ব্যাপি বিশেষ প্রচারাভিযান। বিস্তারিত পড়ুন নিচে -

BE CLEAR ON CANCER CAMPAIGN

Harmony

Magaca dheb halyeeygaaga

Nominate your community hero for an award – issue 1043

NATAJIIDUU ka soo baxday sahamin san-nadeedkii deganayaasha, ayaa muujinaysa Tower Hamlets in ay tahay gobol wacan oo lagu noolaado.

Tasina arrin sahlan ma ah, maxaayaelay dadka isku badhxaan ee ku nooli waa wax gooni u ah, kuwaas oo isku xil qaama horumarinta beelahooda iyo bulshada.

Guud ahaanba Tower Hamlets waxa ku nool, ka shaqeeya, wax barta dad si gaar ah isku xilqaama horumarkeeda iyo kor u qaadida tayada nolosha dadweynaha.

Haddaba, abaalmarin san-nadeedkii kawsulka ee rayidka ayaa fursad lagu siinayaa in



loogu mahad naqo halyeey dahsoon dhidig iyo labood, garawshuuyana laga siiyo hawlaha ay u qabteen bulshada.

Haddaba waxaa la doonayaa magacaabistii shakhsiyaadka mudan abaalmarintan, ee adeeg la taaban karo u qabtay bulshada, kuwa guulo soo hooyey

amma kuwa bulshada u qabtay adeeg dheeraad ah oo ka baxsan ta lagu lacag siiyo.

Kama reebana soo magacaabista da'yarta guulo soo hoysey, ee ka yar 25 jir, kuwaas oo u baahan in loo qoro wax-qabadkooda.

Haddaad garanayso qof, amma urur, u qalma abaalmarintan hawshay u qabteen bulshada daraadeed, xilligani waa markii aad soo magacaabi lahayd.

Leafletis ayaad ka heleys xafisiyada kawnsulka, Aydhia stoorada iyo laybareeriyada amma haddii kale waxaad yeeli kartaa emai u diri kartaa speaker@towerhamlets.gov.uk Xidhintaanka magacaabustay waa Jimcaha, Febrayo 6.

Midaynta benefitiska ee Tower Hamlets

Universal credit to be launched in Tower Hamlets – page 5

DAWLADDU waxay ku dhawaaqday in midaynta benefitiska, ka bilaanmayo Tower Hamlets iyo shan gobol oo kale, Marij 2.

Iyada oo la raacayo sahamo dhawr ah oo laga sameeyey waqooyiga dalka, waaxda shaqada iyo hawlgabku, waxay doorbiday kawnsulada Tower Hamlets, Barnet, Brent, Houn-

slow, Wandsworth iyo Hammersmith & Fulham in laga bilaabo habka cusub ee midaynta benefitiska, London.

Marka u horeysa midayntu waxay samayn ku yeelanaysaa dadka keli joogta ee aan shaqo hayn oo ku jiraan kuwan xaqa u leh in kirada laga buxiyo.

Mayor Lutfur Rahman, ayaa yidhi: “Midaynta benefitisku

wax weyn ayuu ka bedelayaa, siduu qofku u helayo deeqaha. Sidaa daraadeed waa muhiim in dadweynuhu foogignaadaan isbdelka uu ku keenayo dakhlu-ga qoyska.”

Kawnsuku wuxuu haatan wada hadalo laleeyahay Job Centre Plus, kuwaas oo la xidhiidha isku duba ridka midaynta benefiska ee deegaanka.

Public notices

PUBLIC NOTICE

THE LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

TEMPORARY PROHIBITION OF TRAFFIC – NORWAY PLACE E14

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets proposes to make an Order, which will, throughout the duration of works, and at times when the existing “no entry” traffic sign are covered, temporarily suspend the “no entry” traffic sign from the private road or street into the length of carriage-way in Norway Place, south of Commercial Road.

This will enable diversion of vehicular traffic onto the public highway while essential works are carried out on the private road or street of Wharf Lane.

The alternative route for vehicular traffic will be via Commercial Road and Norway Place and vice versa.

The restriction on vehicular traffic will operate from Monday 16th February 2015 to Sunday 21st June 2015 and at times when temporary

traffic signs are placed on the public highway pursuant to the Traffic Signs Regulations and General Directions 2002.

Please refer any queries regarding the above traffic restriction to Mick Jameson, Network Coordinator, Network Management Team, Transport and Highways on 020 7364 6671 or email, mick.jameson@towerhamlets.gov.uk

Dated: 26th January 2015

JAMIE BLAKE
SERVICE HEAD
PUBLIC REALM
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG

টাওয়ার হ্যামলেটসে মার্চ থেকে চালু হবে ইউনিভার্সেল ক্রেডিট সিস্টেম

Universal credit to be launched in Tower Hamlets – page 5

বেনিফিট সিস্টেমে আনা পরিবর্তনের অংশ হিসেবে টাওয়ার হ্যামলেটস্ সহ লন্ডনের ৬টি বারায় আগামী ২ মার্চ থেকে ইউনিভার্সেল ক্রেডিট পদ্ধতি চালু করার ঘোষণা দিয়েছে সরকার।

বেনিফিট প্রদানের নতুন এই ইউনিভার্সেল ক্রেডিট সিস্টেম যুক্তরাজ্যের উত্তরাঞ্চলীয় বিভিন্ন স্থানীয় কর্তৃপক্ষে পরীক্ষামূলকভাবে পরিচালনার পর ডিপার্টমেন্ট ফর ওয়ার্ক এন্ড পেনশন (ডিডব্লিউপি) লন্ডনে চালুর জন্য টাওয়ার হ্যামলেটস্, বার্নেট, ব্রেস্ট, হানসলো, ওয়াডস্‌ওর্থ এবং হ্যামারস্মিথ এন্ড ফুলহাম

কাউন্সিলকে বাছাই করেছে। প্রথম দিকে, শুধুমাত্র হাউজিং বেনিফিট সহ আউট-অফ-ওয়ার্ক বেনিফিটের জন্য নতুন একক দাবিদারের ক্ষেত্রে এই সিস্টেম কার্যকর হবে।

মেয়র লুৎফুর রহমান বলেন, যারা বেনিফিট লাভ করছেন, তাদের ক্ষেত্রে এই ইউনিভার্সেল ক্রেডিট ব্যাপক পরিবর্তন আনবে। পারিবারিক আয় বা অর্থনৈতিক ব্যবস্থাপনার ওপর নতুন এই পদ্ধতির প্রভাব সম্পর্কে বাসিন্দাদের সতর্ক হওয়াটা খুবই গুরুত্বপূর্ণ। কেবিনেট মেম্বার ফর রিসোর্সেস্, কাউন্সিলর

আলিবর চৌধুরী বলেন, বাসিন্দাদের সহায়তা ও পরামর্শ দেয়ার জন্য টাওয়ার হ্যামলেটসে অসংখ্য সেবামূলক সার্ভিস রয়েছে। সরকারের নতুন বেনিফিট সিস্টেম ইউনিভার্সেল ক্রেডিট সম্পর্কে তারা জনসাধারণকে যথাযথ পরামর্শ ও সহযোগিতা দিতে সক্ষম।

ইউনিভার্সেল ক্রেডিট চালুর জন্য স্থানীয় ব্যবস্থাপনা নিয়ে টাওয়ার হ্যামলেটস্ কাউন্সিল বর্তমানে জব সেন্টার গ্রাস (জেসিপি) এর আলোচনা করছে। এই সিস্টেম পরিচালনা জন্য জেসিপি এবং স্থানীয় কর্তৃপক্ষ মিলে একটি যৌথ অংশিদারিত্বমূলক ব্যবস্থা গ্রহণ করা হবে।

বুকজ্বালা বা গলায় খাবার আটকে যাওয়ার ভাব হচ্ছে? আজই ডাক্তারের স্মরণাপন্ন হন

Be Clear on Cancer campaign – page 7

তিন সপ্তাহ বা তার বেশি দিনের অধিকাংশ সময় কী আপনার হার্টবার্ণ হচ্ছে? গুরুতর কিছু না হওয়ার সম্ভাবনা বেশি থাকলেও উপসর্গের দিকে একটুখানি নজর দেয়া এবং ডাক্তারের কাছে গেলে অনেক ভালো ফল পাওয়া যেতে পারে।

ব্রেস্ট অথবা লাং ক্যান্সার এর কথা তেমন একটা শোনা না গেলেও প্রতি বছর ইংল্যান্ডে ৬ হাজার ৯০০ লোক খাদ্যনালিতে ক্যান্সার এবং ৬ হাজার লোক পাকস্থলিতে ক্যান্সারের চিকিৎসা নিয়ে থাকেন।

এই রোগগুলোর কারণে ইংল্যান্ডে প্রতি বছর ১০ হাজার ২০০ লোকের মৃত্যু ঘটে থাকে। এর মানে হলো, এই ধরনের ক্যান্সারে আক্রান্ত হয়ে প্রতি দিন কমপক্ষে ২৮ জন লোক মারা যাচ্ছেন।

এ ব্যাপারে জনসচেতনতা সৃষ্টির লক্ষ্যে সরকারের গণ স্বাস্থ্য বিভাগ কর্তৃক শুরু হতে যাচ্ছে প্রায় মাস ব্যাপি বিশেষ প্রচারাভিযান। জনসাধারণ, বিশেষ করে ৫০ উর্ধ্ব লোকজন যাতে করে লক্ষণ চিনতে পারেন, সেজন্য ‘বি ক্রিয়ার অন ক্যান্সার’ ক্যাম্পেইন শুরু হবে ২৬ জানুয়ারী এবং দেশব্যাপি তা চলবে ২২ ফেব্রুয়ারী পর্যন্ত।

এইসব ক্যান্সারের অনেকগুলো উপসর্গের একটি হচ্ছে হার্টবার্ণ। অন্যান্য উপসর্গের মধ্যে রয়েছেঃ খাবার খাওয়ার সময় মনে হতে পারে



গলায় আটকে আছে, তিন সপ্তাহ বা তারও বেশি দিন ধরে বদহজম হওয়া, কোন কারণ ছাড়াই ওজন কমে যাওয়া, অত্যধিক বায়ু ছাড়া ও ঢেকুর তোলা, খেতে বসেই খুব তাড়াতাড়ি পেট ভরে গেছে বোধ করা, খাবারের পর ক্ষীত বোধ করা, মাথা ঘোরা কিংবা বমির ভাব, পেটের উপরের অংশে ব্যথা কিংবা অস্বস্তি বোধ করা।

যখন আপনি কোন খাবার খাচ্ছেন, তখন

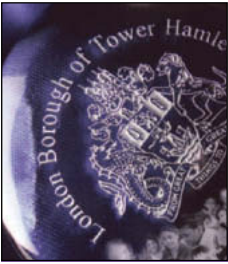
যদি অনুভব করেন যে গলায় তা আটকে যাচ্ছে, তাহলে ডাক্তারকে বলুন। এটা হয়তো গুরুতর কোন সমস্যার লক্ষণ নয়, তবে যদি এক্ষেত্রে কোন কিছু থেকে থাকে, তাহলে আগাম তা সনাক্ত করে চিকিৎসায় সারানো সম্ভব।

কাউন্সিলের হেলথ এন্ড ওয়েলবিয়িং বিষয়ক কেবিনেট মেম্বার, কাউন্সিলর আব্দুল আসাদ বলেন, “ক্যান্সার রোগের লক্ষণ সমূহ সম্পর্কে আপনার ডাক্তার খুবই ভালোভাবেই অবগত আছেন। আপনাকে সাহায্য করার জন্য তারা সদা প্রস্তুত এবং অপেক্ষমান। আপনার এটা মনে করার কোন কারন নাই যে, আপনি তাদের সময় নষ্ট করছেন।”

প্রাথমিক পর্যায়ে যদি সনাক্ত করা যায়, তাহলে খাদ্যনালি ও পাকস্থলি ক্যান্সার চিকিৎসায় সারিয়ে তোলা সম্ভব। যদি কারো এ ধরনের কোন উপসর্গ আছে, তা আপনার জানা থাকে, তাহলে তাকে ডাক্তারের কাছে যাওয়ার জন্য অনু-রোধ করুন।

ক্যান্সার সংক্রান্ত নানা তথ্য এবং নর্থ ইস্ট লন্ডনের কোথায় কী ধরনের ক্যান্সার সংক্রান্ত সার্ভিস পাওয়া যায়, তা জানতে www.smallc.org.uk এই ওয়েবসাইট ভিজিট করতে অনুরোধ করা হয়েছে।





সিভিক এওয়ার্ডের জন্য নাম পাঠানোর আহ্বান

বারার সর্বত্রই বিশেষ বিশেষ লোকজন বসবাস কিংবা চাকুরি কিংবা অধ্যয়নরত রয়েছেন, যারা অন্যদের জীবন মান উন্নয়নে নিঃস্বার্থভাবে কাজ করে যাচ্ছেন। এই সকল আড়ালে থাকা তারকাদের ধন্যবাদ জানানো এবং তারা যে কাজ করে যাচ্ছেন, তার স্বীকৃতি প্রদানের অসাধারণ উদ্যোগ হলো কাউন্সিলের বার্ষিক সিভিক এওয়ার্ড কার্যক্রম। বিস্তারিত পড়ুন নিচে -

CIVIC AWARDS NOMINATIONS OPEN

7364 4944

Harmony

ধর্মীয় নেতাদের সভায় বিভক্ত না হওয়ার আহ্বান জানালেন মেয়র

Faith and community leaders meet with mayor – page 3

মেয়র লুতফুর রহমান বলেছেন, প্যারিসে সন্ত্রাসী হামলা এবং এ কারণে সৃষ্ট পরিস্থিতি থেকে উত্তরণে মানবিক বোধের ঐক্য দরকার। ধর্ম বা বর্ণের ভিন্নতায় বিভক্ত না হয়ে এবং ঘৃণা না ছড়িয়ে সন্ত্রাসীকে সন্ত্রাসী হিসেবেই দেখা দরকার। তিনি তাঁর অফিসে সাম্প্রতিক পরিস্থিতিতে সামনে রেখে আয়োজিত বিশ্বাসী গ্রুপগুলোর নেতাদের এক সভায় এ কথা বলেন। মেয়র লুতফুর রহমানের আহবানে আয়োজিত সমাবেশ মুসলিম, খৃষ্টান ও ইহুদীসহ বিভিন্ন ধর্মের নেতৃবৃন্দ এবং স্থানীয় শীর্ষ পুলিশ কর্মকর্তারা যোগ দেন।

পুলিশের নয় বারা কমান্ডার এন্ড্রো ইউয়িং যে কোনো চ্যালেঞ্জ মোকাবেলায় কমিউনিটি নেতৃবৃন্দের সহযোগিতা কামনা করেন। ফেইথ কমিউনিটির নেতাদের সাথে এই বিশেষ সভায় যোগ দেয়াটা গুরুত্বপূর্ণ বলেও তিনি মন্তব্য করেন। যে কোনো পরিস্থিতিতে পুলিশ পাশে থাকবে বলেও তিনি আশ্বাস দেন।

সভায় বক্তারা বলেন, পৃথিবীর সকল দেশ বা সমাজে কিছু উগ্রবাদ রয়েছে। কিন্তু শান্তিকামী মানুষেরা সবসময় এর বিরোধিতা করেন। বহু সংস্কৃতির দেশ ব্রিটেনেও কোনো প্রকৃত ধর্মীয় নেতা



Community leaders reinforce the No Place for Hate pledge

ও কমিউনিটি নেতা উগ্রবাদ ও বর্ণবাদকে প্রশ্রয় দিতে পারেননা। সভায় বক্তব্য রাখেন, ইন্টার ফোরাম চেয়ার ফাদার এলান গ্রিন, কাউন্সিল অব

মক্স চেয়ার হাফেজ শামসুল হক, লন্ডন মুসলিম সেন্টার এর নির্বাহী পরিচালক দিলওয়ার খান, ইহুদী কমিউনিটি নেতা লিওন সিলভার, বিশিষ্ট

আলেম মুফতি আব্দুল মনতাকিম, হিন্দু কমিউনিটি নেতা রাম চন্দ্র সাহা, লন্ডন সিটিজেন ডিরেক্টর নেইল জেমসন সহ আরো অনেকে।

ঐকতান

Send your Bengali and Somali news to Harmony, East End Life, Town Hall, 5 Clove Crescent, Poplar E14 2BG.

সিভিক এওয়ার্ড : কমিউনিটির

হিরোদের নাম পাঠানোর আহ্বান

Civic Awards nominations open – issue

টাওয়ার হ্যামলেটসের বাসিন্দাদের ওপর পরিচালিত বার্ষিক মতামত জরিপে দেখা গেছে যে, স্থানীয় জনসাধারণ বসবাসের জন্য টাওয়ার হ্যামলেটসকে চমৎকার জনপদ হিসেবে মনে করে থাকেন। এর কারণ হলো, গোটা বারায় তাদের কমিউনিটির উন্নয়নে নিবেদিতভাবে কাজ করে চলেছেন। বারার সর্বত্রই বিশেষ বিশেষ লোকজন বসবাস কিংবা চাকুরি কিংবা অধ্যয়নরত রয়েছেন, যারা অন্যদের জীবন মান উন্নয়নে নিঃস্বার্থভাবে কাজ করে যাচ্ছেন।

এই সকল আড়ালে থাকা তারকাদের ধন্যবাদ জানানো এবং তারা যে কাজ করে যাচ্ছেন, তার স্বীকৃতি প্রদানের অসাধারণ উদ্যোগ হলো টাওয়ার হ্যামলেটস কাউন্সিলের বার্ষিক সিভিক এওয়ার্ড কার্যক্রম।

এই এওয়ার্ডের জন্য জনসাধারণের কাছ থেকে নমিনেশন আহ্বান করা হচ্ছে। যারা কমিউনিটিতে অনবদ্য অবদান রেখে চলেছেন, যারা বারার মর্যাদাকে বাড়াতে কিংবা যাদের কারণে

কমিউনিটি লাভবান হচ্ছে এবং যারা তাদের দায়িত্বের অতিরিক্ত কাজ করে যাচ্ছেন, তাদের নাম পাঠাতে অনুরোধ করা হয়েছে।

কাউন্সিল স্পীকার, কাউন্সিলর আব্দুল মুকিত চুন্স বলেন, যে সকল স্বৈচ্ছাসেবী নিঃস্বার্থভাবে কমিউনিটির জন্য কাজ করার মাধ্যমে বারায় সত্যিকারের পরিবর্তন আনতে এবং মানুষের জীবন মান উন্নয়নে ভূমিকা রেখে চলেছেন, তাদের নাম প্রস্তাব করার জন্য আমি বাসিন্দাদের প্রতি অনুরোধ জানাচ্ছি।

যদি আপনি এমন কোন ব্যক্তি কিংবা সংগঠনকে জানেন, যে বা যারা তাদের কমিউনিটি ওয়ার্কের জন্য স্বীকৃতি লাভের সত্যিকারের দাবিদার, তাদের নাম আগামী ৬ ফেব্রুয়ারীর মধ্যে পাঠাতে অনুরোধ করা যাচ্ছে।

কাউন্সিল অফিসসমূহ, সকল আইডিয়া স্টোর ও লাইব্রেরীতে সিভিক এওয়ার্ডের লিফলেট পাওয়া যাচ্ছে। এছাড়া speaker@towerhamlets.gov.uk এই ইমেইল এড্রেসেও নমিনেশন পাঠানো যাবে।

News in brief



রিচ মিক্স সেন্টারে মাসব্যাপি ইন্টারএ্যাক্টিভ এক্সিবিশন

যুক্তরাজ্য প্রবাসী বাংলাদেশী জনগোষ্ঠির মধ্যে প্রচলিত নানা প্রশ্ন ও এর উত্তর খোঁজার এক গবেষণাধর্মী ইন্টারএ্যাক্টিভ এক্সিবিশন পূর্ব লন্ডনের শর্ডিচের রিচ মিক্স গ্যালারিতে অনুষ্ঠিত হবে।

৫ ফেব্রুয়ারী থেকে ২৮ ফেব্রুয়ারী পর্যন্ত অনুষ্ঠিতব্য এই প্রদর্শনীতে আগত দর্শকদেরকে বিভিন্ন ধরনের বস্তু বা বিষয় বাছাই করতে বলা হবে, যার মাধ্যমে তারা তাদের ‘বাংলা-দেশীনেস’ তুলে ধরবেন।

তিন জন লন্ডন ভিত্তিক আর্টিস্ট সাইফ ওসমানী, নোওমি জাজন এবং জেন ডি এই ইন্টারএ্যাক্টিভ এক্সিবিশনের স্থাপনাটি তৈরী করেছেন।

প্রদর্শনীর পাশাপাশি ১৪, ২১ ও ২৮ ফেব্রুয়ারী দুপুর ১২টায় কয়েকটি কর্মশালাও অনুষ্ঠিত হবে। এসব কর্মশালা ফ্রি হলেও আসন সংখ্যা সীমিত।

তাই আগ্রহীদেরকে ০৭৯১৪ ১১৯২৮২ নাম্বারে ফোন করে আসন বুক করতে অনুরোধ করা হয়েছে।

পঞ্চাশোর্ধদের জন্য অনলাইন কমিউনিটি ফান ডে ইভেন্ট ২৯ জানুয়ারী

টাওয়ার হ্যামলেটস কাউন্সিল ২৯ জানুয়ারি সকাল ১০টা থেকে অপরাহ্ন ২টা পর্যন্ত আইডিয়া স্টোরে এক কমিউনিটি ফান ডে ইভেন্ট এর আয়োজন করেছে।

অনলাইনে সময় কাটানোর জন্যে পঞ্চাশোর্ধদের জন্যে এই ফান ডে ইভেন্টে গ্রানসেট নামক সংস্থাটি সহযোগিতা দিচ্ছে। সংস্থাটি রাজনীতি থেকে হলিডে, গার্ডেনিং থেকে রিলেশনশীপ সকল বিষয়ে আলোকপাত করে থাকে।

উপরিগ্লেষিত ফান ডে তে ওয়ার্কশপ, আলোচনা, প্রতিযোগিতা এবং হালকা খাবার-দাবারের ব্যবস্থা রয়েছে। এই অনুষ্ঠানে যোগ দিয়ে ওয়েবসাইটে সার্ফিং করা ছাড়াও অনেকের সাথে দেখা সাক্ষাৎ করার সুযোগ পাওয়া যাবে। কমিউনিটির লোকজন অনেক কিছু মিস করে থাকেন। এই অনুষ্ঠানে যোগ দিয়ে তারা অনেক সার্ভিস সম্পর্কে জানতে পারবেন।

মেয়র লুতফুর রহমান এ ব্যাপারে মন্তব্য করতে গিয়ে বলেন, অনেক প্রবীণ ব্যক্তি অনলাইন ব্যবহার করেন না। তাই তারা চলমান জীবন ব্যবস্থার অনেক কিছু থেকে বঞ্চিত হচ্ছেন। গ্রানসেট তাদের জন্যে অনলাইন ব্যবহার করে বন্ধু-বান্ধবদের সাথে যোগাযোগ করার সুযোগ করে দিয়েছে ও চলতি বিষয় সম্পর্কে অবগত রাখতে পারছে।

কালচার বিষয়ক কেবিনেট মেম্বর, কাউন্সিলর শফিকুল হক বলেন, আমি আশা করি বাসিন্দারা গ্রানসেট সম্পর্কে আরো জানার জন্যে এই অনুষ্ঠানে আসবেন, ক্লিক করেই নতুন এক জগতের সন্ধান পেতে পারেন তারা।

আরো তথ্য জানতে ০২০৭ ৩৬৪ ৪৩৩২ এই নম্বরে ফোন করুন অথবা www.granaset.com এই ওয়েবসাইট ভিজিট করুন।

রাস্তা থেকে বড় ছুরি উদ্ধার করেছে পুলিশ

গত ৭ই জানুয়ারি লন্ডন ই২ এলাকার কেনরবার্ট স্ট্রীট থেকে পুলিশ একটি মার্সাল আর্ট এর বড় আকারের ছুরি উদ্ধার করেছে।

পুলিশের সংবাদ বিজ্ঞপ্তিতে জানানো হয়েছে, ওকল্যান্ড স্কুলের কাছে পার্ক করা একটি কারের নীচ থেকে এই ছুরি উদ্ধার করা হয় এবং এর সাথে জড়িত থাকার অভিযোগে তিন তরুণকে গ্রেফতার করা হয়েছে। স্কটল্যান্ড ইয়ার্ড ছুরির উপর পাওয়া ফিংগার প্রিন্ট পরীক্ষা করে দেখছে বলে জানানো হয়েছে।

কমিউনিটি সেফটি বিভাগের কেবিনেট মেম্বর, কাউন্সিলর অহিদ আহমদ বলেন, “টাওয়ার হ্যামলেটস পুলিশ এবং কাউন্সিল টাক্স ফোর্স নাইফ ট্রাইম বা ছুরি চাকু সংশ্লিষ্ট অপরাধ নির্মূল্যের জন্যে যে অভিযান শুরু করেছে, পূর্বে এরকম কোন উদ্যোগ ছিলনা। বিরাট আকারের ছুরি উদ্ধারের ঘটনাটি উৎসাহজনক। দ্বিতীয় টাক্সফোর্স সাফল্য অর্জন করেছে।”

টাওয়ার হ্যামলেটস পার্টনারশীপের মুখপাত্র, পিসি হ্যামন্ড বলেছেন, আজ যে ধরনের অস্ত্র উদ্ধার করা হয়েছে তা সমাজের জন্যে বিপদজনক। আমি আনন্দিত যে রাস্তা থেকে আমরা তা উদ্ধার করতে পেরেছি।

ড্রাগ বা অন্যান্য অসামাজিক কার্যকলাপ সম্পর্কে রিপোর্ট করার জন্যে জনগনের প্রতি আহ্বান জানানো হয়েছে। ১০১ নম্বরে ফোন করে অভিযোগ জানানো যাবে এবং জবুরী বিষয়ে ৯৯৯ এই নম্বরে ফোন করার জন্যে অনুরোধ করা হয়েছে।

■ The above stories are: interactive art exhibition; over-50s are encouraged to surf the web – page 3; large knife recovered – issue 1043.

ESSEX'S NEWEST & MOST ENCHANTING WEDDING VENUE

ARIANA GARDENS

Ivy Barn Lane, Margaretting, Chelmsford, Essex, CM4 0EW
A12, Junction 14

Licensed for Civil Ceremonies • Private Garden
On-site parking for over 300 cars • Bar Area
Air Conditioned • Seating for 600 guests
Catering Service Available • Bride's Room • Kitchen
Full Segregation Available • Full Disabled Access

Contact us for more information
01277 356 108

Milon - 07545 881 924 | Thufayel 07956 237 128
Info@arianagardens.co.uk
www.arianagardens.co.uk

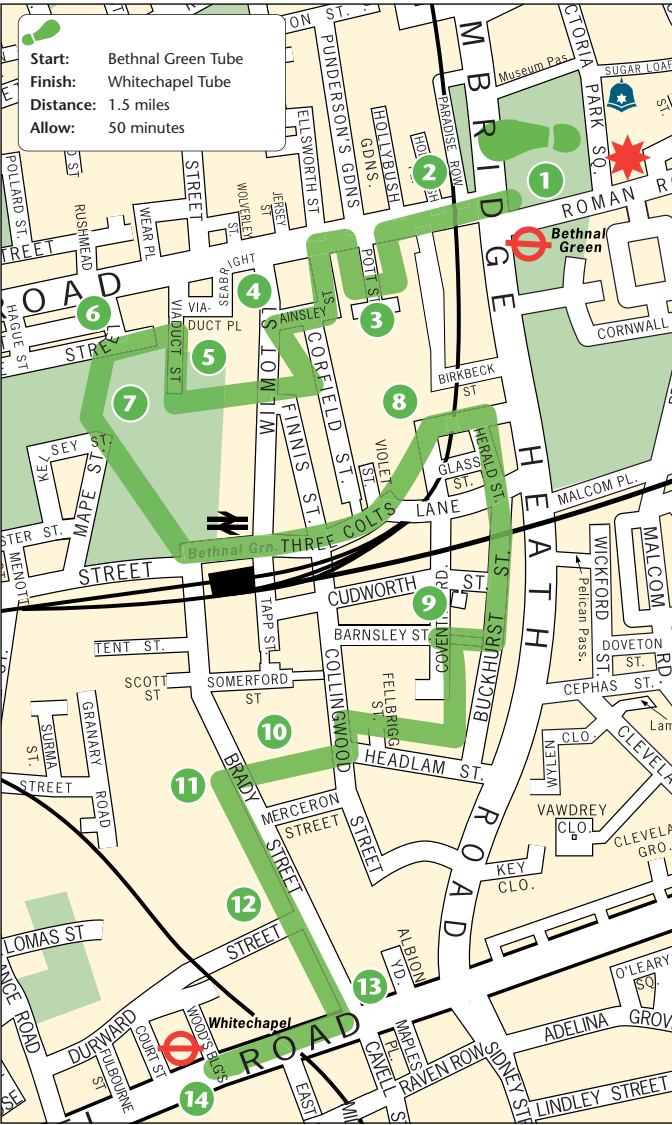
Part of the Ariana Group

On this month's walk, **Graham Barker** weaves through the back streets of Bethnal Green to Whitechapel. Photos by **Kois Miah**.

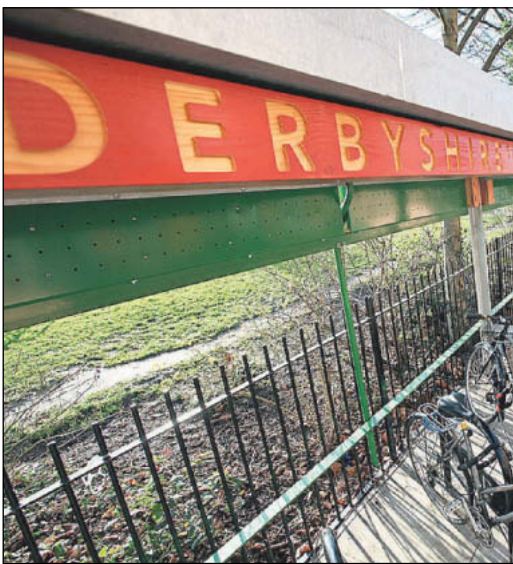
The ever evolving East End

Walk of the Month: The backstreets of Bethnal Green

AS you follow this walk, you'll see how buildings have been adapted to suit modern day needs: a church has been extended to become a refugee project, a park stands in the footprint of weavers' cottages, and a pharmaceutical factory has been transformed into a creative workspace – all examples of how the East End continues to evolve.



Paradise Row, where champion boxer Daniel Mendoza lived



The new pocket park in Derbyshire Street

Above Bethnal Green Tube station, St John's Church (1) stands centre-stage, designed in 1825 by Sir John Soane with an elegant tower, crowned with a golden weather vane.

Wegged opposite, Paradise Row reflects the work of speculative builders, building piece-meal from the late 18th century. No 3 was home to champion boxer Daniel Mendoza (2). In 1790 he defended his all-England title over a 72-round bout. He favoured scientific style – such as side-stepping, ducking and blocking – and wrote The Art of Boxing while living here.

In the 18th century Bethnal Green Road was flanked by market gardens, a link still echoed in the streets names: Gales, Holly-bush and Punderson's Gardens.

The gardens were later taken over for ramshackle housing; Hector Gavin, in his 1846 book Sanitary Ramblings, noted: "the enormous number of dwellings which have been constructed in defiance of every law and principle on which the health and lives of occupants depend".

Glimpse down Pott Street to the ragstone Glimpse Congregational Chapel (3), built in 1849 for Calvinistic Independents. Blitz damaged, it has since been adapted for Praxis, a project supporting vulnerable migrants and asylum seekers. An angel, painted by Penny Bearman and Lucy Somers, stretches out her hands in welcome.

Back on the main road there's a trio of notable buildings: La Forchetta occupies a late Victorian rag trade warehouse; the Shakespeare pub is clad in green faience tiles and Truman's signage; and Providence Row Housing Association's offices occupy the bow-fronted former police station.

From Ainsley Street you're soon amid an extensive development by the Improved Industrial Dwellings Company (4), one of several philanthropic housing organisations active in Bethnal Green in Victorian times. The five-storey blocks – built between 1868-80 along the length of Corfield and Wilnot Streets – provided self-contained accommodation for more than a thousand families.

On the corner with Finnis Street, a stone tablet commemorates Stewart Headlam, local curate and county councillor. Opposite, the wide alleyway brings you out into Weavers Fields.

Skirt around Weavers Adventure Playground (5) – with colourful boardwalks and climbing structures – where youngsters can try their hand at pizza cooking, mask making and other playful adventures.



(Main photo) a sculpture in Weavers Field; (Above l-r) Crossrail in Whitechapel; a street scene in Weavers Fields



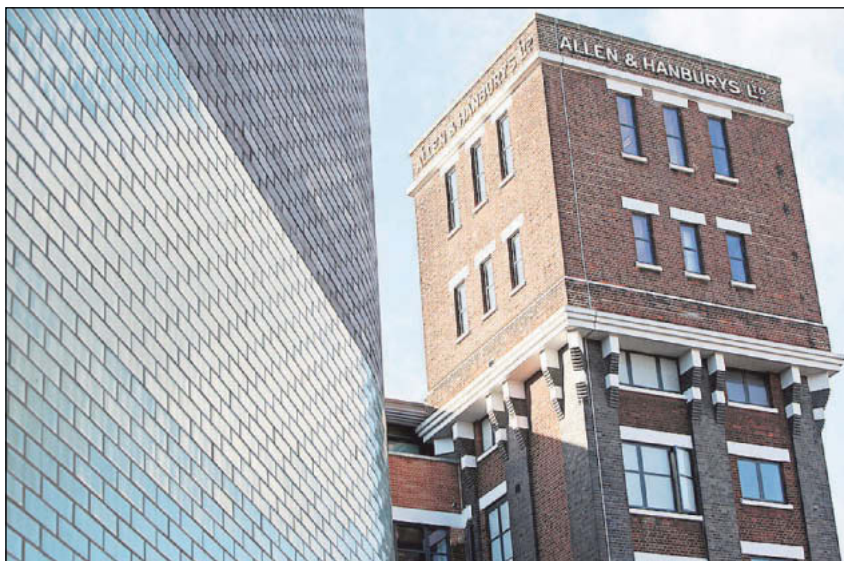
A new 'pocket park' created by Luke Grey-smith runs alongside Oxford House – designed with a bike shelter and eco-friendly features. University settlement Oxford House (6) was established in 1884 to foster recreational and educational clubs for the people of Bethnal Green. Arthur Blomfield designed it "to hold twenty residents... along with a lecture room, classrooms and club premises". These days, it's a community arts hub, gallery and base for third sector organisations.

Opposite, there's a striking piece of architecture – a galvanised steel-clad house on Voss Street with projecting fins, porthole windows and an irregular roofline.

On re-entering Weavers Fields (7), head to Peter Dunn's Weaving Identities sculpture; the sporting figures and lustrous ribbons allude to the transition of this space from silk weavers' cottages to urban park. Weavers Fields provides a burst of greenery, ringed by exercise apparatus and flanked by woodland, with City skyscrapers on the horizon.

Ahead, the railway viaduct arches are home to taxi repair garages, with black cabs patiently lined up awaiting attention. Follow Three Colts Lane past the Good Shepherd Mission and Waterlow Buildings, named after the IIDC chairman, Sir Sydney Waterlow.

A few steps on, you'll encounter three new developments. First is the green-tiled Peabody



The Pillbox was converted from the old Allen and Hanbury factory

St Bartholomew's Church, which has been re-modelled into housing



el-clad house on Voss Street

Bartholomew Green extends southwards, with a solitary obelisk being the only clue to its former role as a churchyard. Wander through towards the Collingwood Sure Start Children's Centre, offering music sessions, stay-and-play time, and baby massage.

As the green ends, the Eagle House archway takes you beside a lawn, before you emerge into Headlam Street. The Collingwood Estate (10) was a major municipal housing development started between the wars.

The 1920s blocks are neo-Georgian in style with open balcony walkways, red-brick detailing and grouped around central squares. The estate driveway beside Blackwood House takes you by a large playground, dotted with murals, and out into Brady Street.

Mocatta House (11) was built in 1905 by the Four Per Cent Industrial Dwellings Company – a philanthropic enterprise set up in 1885 by Lord Rothschild to provide “the industrial classes with commodious and healthy Dwellings at a minimum rent”, mainly focused on accommodating local Jewish families. City financier Frederick Mocatta gave his name to this block, where the entrance and railings have an art nouveau flavour.

Next door, a tall brick wall encloses the Jewish Cemetery, founded in 1795 by the Ashkenazi community. Rarely open, it's crowded with monuments, including several to members of the Rothschild family.

Swanlea School (12) stands out with its dramatic sweep of curved glass forming a central three-storey 'street' from which the classrooms, sports halls and library radiate. Opened in 1994, it now specialises in business and enterprise.

The Sainsbury's superstore and Crossrail excavations dominate the final section of Brady Street. Over the coming years, this area will be re-landscaped to create a piazza – Whitechapel Square – with cafés and restaurants, and 600 new homes.

Whitechapel Idea Store (13) – designed by architect David Adjaye – rises in blue and green glass on the corner. Inside, you can surf the net, browse the bookshelves or visit the top-floor café.

The Idea Store philosophy of 'library, learning and information' under one roof – first developed over a decade ago – has since become a model for libraries elsewhere.

Whitechapel Market (14) is a bustling parade of fruit and vegetable stalls, hardware stores and sari shops – a chance to snap up a bargain or two as you wend your way to Whitechapel station, the end of your walk.



Peter Dunn's Weaving Identities sculpture sits alongside a CCTV camera

Trust houses created in the sliver of land beside the viaduct curve. Next comes the Pillbox (8), a Workspace conversion of Allen & Hanbury's pharmaceutical works, with its Italianate water tower; nip inside to see the imaginatively designed café, abuzz with creatives and entrepreneurs. And then along Herald Street you're flanked by new students' halls of residence.

From Buckhurst Street, beyond the railway arch, the spiky skyline marks out St Bartholomew's Church (9), built in 1843 as one of the 'apostle churches' commissioned by Bishop Blomfield to convert the ungodly of Bethnal Green – and since re-modelled into housing as Steeple Court.



Soup stars

Off The Wall Players, based in Shoreditch, perform Saturday Soup.

DETAILS BELOW



Space for new local artists

Gallery @ Half Moon is a new space for local artists to display their work. It is free to visit. Beneath some pieces, there are chalkboards for visitors of all ages to make their own responses.

WWW.HALFMOON.ORG.UK/WHATS-ON/GALLERY

Out & about guide

What's on where this week

Events

Saturday Soup

Off The Wall Players present three performances that open a debate around food, culture, relationships and multicultural London. Includes Caribbean food and Q&A session. £10 or £8 concs online. £12 on door. Sat, Jan 31. 7.30pm. Brady Arts Centre, 192-196 Hanbury Street, E1. 7364 7900

Exhibitions

Figures, Creatures and Tea

Collection of rich and colourful paintings and prints inspired by artist Julia de Greff's busy life juggling her young family and their friends – alongside her love of tea. Until Apr 13, theatre show days only. Gallery @ Half Moon, 43 White Horse Road, E1.

Boo Bah

Exhibition by Mary Barnes spanning her artistic career, which started in Bow when she was receiving therapy at Kingsley Hall. Launches the Nunnery's In Dialogue season. Until Mar 29.

Open Tues-Sun, 10am-5pm.
Nunnery Gallery, 181 Bow Road, E3.
8980 7774
www.bowarts.org/nunnery

All the World's a Sunny Day

A series of collages by Roy Voss made by cutting a word from the back of a found postcard, most from the 1960s to 1980s and inserting it into the image on the front. Weds, Jan 21-Mar 8. Open Weds-Sun, 12-6pm. Matt's Gallery, 42-44 Copperfield Road, E3. 8983 1771 www.mattsgallery.org

Film

Wet Paint

Double bill from Wet Paint's writer/director Chris Ward. What Shall We Do With the Drunken Sailor charts the life of 'Queen of Bohemia' Nina Hamnett, and Camberwell Beauty, about the singer in a punk band who has plastic surgery after an accident. Sun, Feb 1. Doors open 7pm. Hackney Picturehouse Attic, 270 Mare Street, E8. 0871 902 5734



Home, Soil and Memory: Solo exhibition by Spanish artist Patxa Ibarz who was inspired by Robert Burns' poems for her exploration of the individual's identity in society. Free. Until Feb 28. Open Mon-Thurs, 9am-9pm; Fri, 9am-6pm; Sat, 9am-5pm; Sun, 11am-5pm. The Gallery, Idea Store Whitechapel, 321 Whitechapel Road, E1. 7364 4332 www.ideastore.co.uk

Music

New London Chamber Choir:
Animals!

The choir's first concert with conductor Matthew Hamilton features a menagerie of creatures in a

programme of a cappella works. Suitable for ages 8+. £12.50. Fri, Jan 30. 8-9pm. Wilton's Music Hall, Graces Alley, Cable Street, E1. 7702 2789

Lunchtime concert

Free concert by the Guildhall Chamber Orchestra conducted by violinist Boris Brovtzyn. Fri, Jan 30. 1.05pm. Bishopsgate Institute, 230 Bishopsgate, EC2. 7392 9200 www.bishopsgate.org.uk

Theatre

Circles

An intimate tale revealed using physical theatre, storytelling and an immersive soundtrack. It's Saturday morning and the house is packed into boxes. Two siblings take the audience on a journey, hopping from past to present and maybe even a glimpse into the future. £12/£8. Weds-Fri, Jan 28-30 at 8pm. Sun, Feb 1 at 6pm. The Space, 269 Westferry Road, E14. 7515 7799

Kids

Ballet for children

Every Thurs. Ages 2 1/2-3 1/2 years, 2-2.30pm; 4-6 years, 4.45-5.15pm. Alpha Grove Community Centre, Isle of Dogs, E14. nina.monteiro@hotmail.com

Deaf after school club

For ages 5-12. Mon-Fri, 4-6pm.

Tower Project, 45-55 White Horse Road, E1. naima@towerproject.org.uk 7790 9085

Kids' Creative Dance Classes

Mini-movers, 2-3yrs; leaps and strides I, 4-5yrs; leaps and strides II, 5-6yrs; dash, 7-11yrs. Sat. £44-49.50 per term or £4.50/£5 per term, plus concs.

Chisenhale Dance Space, 64-84 Chisenhale Road, E3. 8981 6617

Pollyanna Training Theatre

Drama and musical theatre for ages 4-16 in Wapping, E1. 7481 1911

Young & talented?

Performing arts group for 6-10

16-year-olds. Sats, 10.30am-1.30pm, term-time. Oxford House, Derbyshire Street, E2. 8556 5348

Parent & child

Dance play

Dance and movement, songs and rhymes for parents/carers and their children aged 1-5

years. Weds, 10.30-11.30am, term-time only. Cost £2 per child (in adv) or £3.50 drop-in rate, discounts available. Language of Dance Trust, Oxford House, Derbyshire Street, E2. 7749 1131

Toyhouse library

Mons, 1.30-3.30pm, Halley

Primary School, Halley Street, E14. Tues, 2-3.30pm, Cayley School, Aston Street, E14. Weds, 9.20-10.45am, Harry Roberts Nursery, Harford Street, E1. 1-2pm, TH Opportunity Playgroup, 583 Commercial Road, E1. 9-11am, Old Church Nursery, Walter Terrace, E1. 9-11am, Alice Model Nursery School, 14 Beaumont Grove, E1.

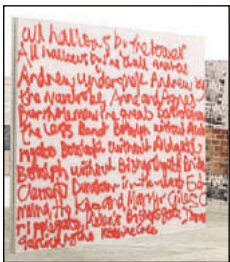


Would you like to volunteer in New York City?

Volunteer with Winant Clayton in 2015!

Are you looking for exciting opportunities abroad this summer? If you're between 18 and 80 and have a passion for volunteering then we have the programme for you! Visit our website for more info or call us on **0208 983 3834!**

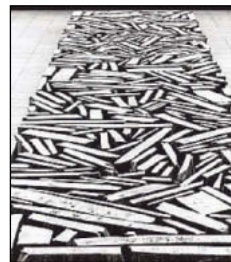
www.winantclayton.org.uk



From the mundane to the surreal

Caragh Thuring conjures a sense of surreality, arranging mundane elements into incongruous compositions. Her paintings transform recognisable objects into abstracted, bizarre forms.

SEE BELOW



Turner-down

Richard Long is reputed to have refused the Turner Prize in 1984.

SEE BELOW

Out & About

Swap 'n' swish

BROWNFIELD Community Centre in Poplar will host a swishing event on Saturday, January 31 from 1-4pm. Swishing encourages attendees to bring unwanted clothes from their wardrobe and swap them for something they prefer.

Poplar Swishing, which runs approximately every two months, allows people to bring up to ten items of clean clothing to exchange and also includes shoes and accessories.

Visitors will receive tokens based on the quality and quantity of their donations, which they can then spend on items contributed by others.

When you are done swapping and are in need of a coffee or a cupcake, refreshments will be available from Val's Baking and The Men's Cabin. Brownfield Centre is located on St Leonard's Road and the closest stations are All Saints and Langdon Park DLR. To book a free ticket visit www.poplarharca.co.uk

New drama on the Lane

TO coincide with this year's National Storytelling week, a new youth theatre will open at the Rag Factory on Brick Lane. Purple Moon Drama will officially open on Saturday, January 31 as a dedicated arts and culture centre for young people in Tower Hamlets.

The company will provide Saturday workshops training young people aged 14 to 21 in the dramatic arts, culminating in two shows at the end of May.

Artistic director Cheryl Walker said: "We are asking the community to support our local organisation by coming to see our productions. Any budding actors are encouraged to get in touch via the website as we have a number of bursary awards to give away which will enable some members to train for free."

For more information visit purplemoondrama.co.uk



THE first solo exhibition of British artist Caragh Thuring is into the final week of its run at Chisenhale Gallery, 64 Chisenhale Road. Closing on February 1, Thuring aims to examine how we consume the images we see and how slowly this process can unfold. The gallery will also host a special performance by poet Jamie Bradley of a text assembled by Thuring on Thursday, January 29 at 7pm. For more information visit chisenhale.org.uk

My girl lollipop

BY KEITH MAHON

A NEW collection featuring the work of some of the world's most prominent female street artists has opened at Lollipop Gallery.

Fern Graff offers a diverse selection of artists whose work can be seen across the streets of London and beyond. The Lollipop Gallery, specialising in contemporary and street art, provides the ideal space for this exhibition.

Ryan Holmes, gallery assistant at the Lollipop, said: "Some of it is a little bit of positive discrimination. We felt there were not enough female artists in galleries."

"But we tried to pick artists that we think in most ways are just artists but, in other ways, the fact that they are women informs their aesthetic."

"That is the primary driver behind this show. It is very much aesthetically driven, and not socially or politically driven. We wanted to ask the question: do these people paint in a slightly different way, and does the fact that they are women in some way inform their style?"

Lollipop Gallery also runs two free Street Art tours per day (excluding Mondays). Leave



Wall art by Vinie

ing from the gallery at 1pm and 5pm and lasting about 90 minutes, the goal of these tours is to showcase some of the most poignant Street Art pieces in east London. Some of the artists seen on the tour will also be featured at the gallery.

Fern Graff runs until February 24 and is free to view.

Lollipop Gallery can be found at 58 Commercial Street, E1 and more information on the artists is available at www.lollipopgallery.com

News in brief

Home cinema

BFI Film Academy students, including Tower Hamlets residents, premiered five short films at Rich Mix, Bethnal Green on January 11. Each project was based around the central theme of home, and produced in collaboration with Eastside Education Trust. The short films can be viewed at www.eastside.org.uk

Fathom it out

THIS week is the last opportunity to see Fathom at Four Corners Gallery, 121 Roman Road, Bethnal Green. Produced by artists in residence who made use of unique film production facilities at Four Corners, the exhibition examines the developmental stage of ideas before they become artwork. Fathom closes on Saturday, January 31.

Cellist at St John

INTERNATIONAL cellist Jo Quail will be performing a concert for four cellos at St John on Bethnal Green Church next month.

She has devised a special arrangement of well known works, including pieces by Schein and Martok, for the performance on Saturday, February 7.

The concert will also feature the premiere of her new work This Path With Grace.

The concert starts at 6.45pm. Tickets cost £12 in advance/£15 on the door.

Richard is an icon

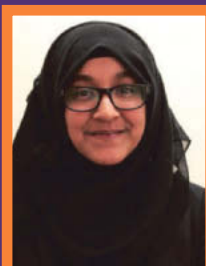
RICHARD Long has become the second artist to be awarded the Whitechapel Gallery Art Icon.

The award honours his lifetime achievements as an artist working in sculpture, photography and text.

Gallery director Iwona Blazwick said: "Richard Long revolutionised installation art, fusing together performance, landscape, language and photography. His 1971 exhibition at the Whitechapel Gallery was radical, filling the space with a huge cross made of pine needles. He is an icon because he is a pioneer."

The award will be presented at a gala dinner in March.

Who will you vote to be the next Young Mayor?



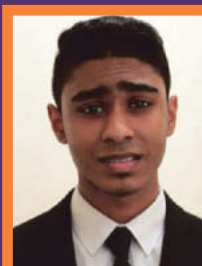
Shakila Akhtar



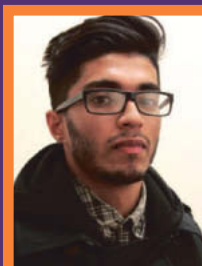
Zuhur Ahmed



Reshma Akthar



Monsur Ali



Shofiqul Alom



Amina Fardus



Lea Grantham



Hannah Hinde



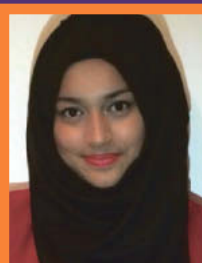
Sayedul Islam



Hakim Khan



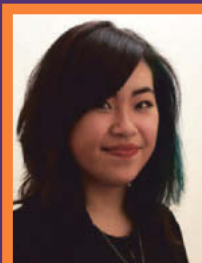
Shafia Mannan



Anika Noor



Khaledur Rahman



Deng Yan San

YOUNG MAYOR 2015

Young Mayor elections on **Wednesday 28 January 2015** in secondary schools across Tower Hamlets.

Early bird voting in centres across the borough.

Read the candidates' manifestos on our website or pick up a copy at any youth centre and decide who you want to represent you!



For more information visit www.towerhamlets.gov.uk/YoungMayor or call us on 020 7364 3091. Keep up to date with the latest developments by following us on Twitter @TowerHamletsNow

Opening
September 2016

London International New School, E14 EDUCATION TRUST PROPOSES NEW SCHOOL FOR TOWER HAMLETS

London's first state all through school for children aged 4-19 specialising in languages and bilingual education

COME
ALONG AND
FIND OUT
MORE

At London International New School, your child will:

- ✓ Experience outstanding learning and teaching in partnership with Bethnal Green Academy (rated 'Outstanding' in all categories by Ofsted).
- ✓ Flourish in a safe, caring and supportive environment.
- ✓ Experience at least six languages and be fluent in Spanish by the age of 11 (end of Year 6).
- ✓ Exceed national levels of progress through their primary, secondary and further education.
- ✓ Enjoy an extensive enrichment and study programme at home and abroad.

All
teachers
will be UK
qualified

Will your child be starting Reception or Year 7 in September 2016 or September 2017?

Please register your interest on-line at www.bgset.org.uk/newschool or visit us at one of our local events for more information.

INFORMATION EVENTS for parents and children

When: Saturday 31 January 2015, 10.00am-12.00pm and 2.00-4.00pm

Where: St Matthias Community Centre, 112 Poplar High Street, Poplar, E14 0AE

When: Saturday 7 February 2015, 2.00-4.00pm

Where: Asda Isle of Dogs Superstore, 151 East Ferry Road, Isle Of Dogs, E14 3BT

No
need
to
book

HALF-TERM MASTERCLASSES for pupils in Years 4 and 5

An opportunity for your child to meet the teachers, have some fun and enjoy a rewarding learning experience in languages, science, the arts and performance poetry. Your chance to meet the team and to ask us any questions.

Please contact info@bgset.org.uk or 020 7920 7900 to book your place, spaces are limited.

When: Tuesday 17 February 2015, 10.00am-12.00pm and 2.00-4.00pm

Where: Island House Community Centre, Island House, Roserton Street, Isle of Dogs, London, E14 3PG

When: Thursday 19 February 2015, 10.00am-12.00pm and 2.00-4.00pm

Where: Ideas Store, Chriss Street, 1 Vesey Path, East India Dock Road, London, E14 6BT

Bethnal Green and Shoreditch Education Trust is a charitable trust and sponsor of Bethnal Green Academy, which is rated 'Outstanding' in all categories by OFSTED.



www.bgset.org.uk/newschool

Bethnal Green and Shoreditch Education Trust, Gosset Street, London, E2 6NW Telephone: 020 7920 7900 Email: info@bgset.org.uk Follow us @info_BGSET and @info_newschool

Wasting food hits your pocket

Love Food Hate Waste provides recipes for using up leftovers and handy tips and advice to help us waste less food. Wasting food costs the average family with children around £680 a year.

WWW.LOVEFOODHATEWASTE.COM

Boost your business

Restaurant reviews are a popular feature of East End Life. If you would like to advertise on this page,

CALL OUR ADS TEAM ON 7364 4940

Eating out, eating in

BY AVARICIOUS ARCHIE

HOTBOX is a restaurant honed and sharpened through 'pop up' residencies and festivals.

Bringing its industrial smoker and 'craft meat' to the Aldgate end of Commercial Street, it stands a few hundred yards from the longstanding meat lovers' favourite, Hawksmoor.

This evening, I was flying solo and was seated promptly at the bar facing out into the street.

The restaurant's stark, dark, minimalist, almost industrial design featured bare brickwork and wood banquets.

It was not quiet, with at least two boisterous parties of friends adding to the cacophony of music coming from the sound system. The tunes weren't to my taste but there aren't many restaurants that I'd go to for the music.

I was approached by an eager server and handed a menu. It was surprisingly brief with six mains, three 'extras', eight sides and four sweets. Hopefully, this was a sign that the accent was on quality not quantity.

I ordered the Hotbox smoked meat selection, quite steep at £21, consisting of beef short rib, pork rib, chicken thigh, hot link sausage and pulled pork. All meats were served with 'house pickles' and I settled upon a side of jalapeno coleslaw.

It being Dry January, I opted for a can of grapefruit but I did notice an interesting selection of craft beers and wine.

My meal was served on a greaseproof paper-lined chopping board, heavily laden with the aforementioned meats and the accompanying pickles, sauce and 'slaw – a feast to moisten the eyes of any carnivore.

And the food was pretty tasty. Each



The food at Hotbox has been honed from 'pop-ups' and festivals

Hot ticket for cool carnivores

individual meat was of good quality and prepared with skill. Standouts for me were the pork and beef ribs.

The pork was cooked to melt in your mouth with a smokey sweet sauce. It was succulent and tender, a pure delight. The beef rib had a crispy exterior with an inside that retained a good level of moisture and tenderness to make it equally delightful.

The 'slaw was an excellent accompaniment for the meat, cutting through the fat. The level of heat from the chilies in both the 'slaw and the pickles was an interesting counterbalance without ever becoming oppressive and painful.

I thought my meal was very good indeed and packaged up my leftovers to take home for she-who-must-be-obeyed – who gave it her approval rating after a hard day.

At £31.27, including a well deserved 12.5 per cent tip, Hotbox isn't cheap eats. But as a place to celebrate, it is worth considering for the ambience and very good food.

Being a DJ in my spare time, my only suggestion for improvement would be the tunes. Might I suggest In the Hotbox by Basement Jaxx on heavy rotation in future.

http://youtu.be/Km_8pJlbjY
Hotbox, 46 Commercial Street, E1.
Tel: 7247 1817.

Get to the root of your leftovers

THIS month's recipe comes from the Love Food Hate Waste website.

This is a great way of using tired root vegetables and a good alternative to the traditional dish, with more flavour and colour.

It's ideal for making in advance and you can store in the

fridge for up to two days, either as one pie or in individual portions, and bake as needed.

If you have a recipe to suggest using leftovers or tips about reducing the amount of food we throw away, you could win £50 worth of shopping vouchers!

Email recycling@towerhamlets.gov.uk

Root mash shepherd's pie – serves 4

Ingredients

800g root vegetables (eg potatoes, parsnip, swede, celeriac, turnip)
100ml milk
Good pinch salt and pepper plus good pinch for the mince
A dash of sunflower oil

1 large onion (or leek), chopped
1 carrot, finely chopped
500g minced lamb (or beef or pork)
Good pinch thyme
1 stock cube, crumbled
1 tsp plain flour
400ml water from veg

Method

1. Peel and roughly chop the vegetables and add to a pan, cover with boiling water, cooking until soft for around 15-20 minutes. Drain, saving the water and reserving. Season with salt and pepper then mash, adding the milk and beating with a wooden spoon until smooth and creamy.

2. Add the oil to a pan, then add the onion and cook for 5 minutes stirring regularly until

browned. Now add the carrot, lamb, thyme, stock cube, salt and pepper and continue stirring for another 5 minutes.

3. Mix in the flour then gradually add the water from the vegetables, stirring constantly until a rich gravy is created.

4. Put the meat and gravy into an ovenproof dish and top with mash. Bake in a preheated oven 180°C/gas 6 for 20-25 minutes until golden brown. Serve with green vegetables.



*If you love someone say it with
East End Life in association with...*

Free Valentine's Message!

East End Life in association with **Regents Lake Banqueting Venue**, are offering you the chance to place a **FREE Valentine's message** of not more than 20 words. It will appear in our Valentine's Special, published on Monday 9th February 2015.

Send your Valentine's message by post to:

Valentine's Messages, East End Life, Town Hall,
Mulberry Place, 5 Clove Crescent, London E14 2BG or
Fax: 020 7364 4384, Tel: 020 7364 4682
or email: terri.gornall@towerhamlets.gov.uk

Messages received after 1pm on
Friday 30th January 2015 will not appear.



Bow Wharf
221 Grove Road
London E3 5SN

www.regentslake.co.uk
info@regentslake.co.uk
Tel: 020 7998 9455

**Regents Lake
Banqueting Venue**

*Proud to
sponsor your
Valentines
messages!*

★ www.bbqlondon.co.uk ★ 020 3441 1620 ★

ALL YOU NEED IS

BAR-B-QUE

RESTAURANT AND TAKEAWAY

10% DISCOUNT
VALID UNTIL
01 FEB 2015

THIS OFFER IS VALID ONLY ON THE FOLLOWING DAYS: MONDAY, TUESDAY, WEDNESDAY, THURSDAY, FRIDAY, SATURDAY, SUNDAY. IT DOES NOT APPLY TO ALCOHOL, CIGARETTES, OR OTHER SPECIALTIES. VALID COLLECTION: MANAGEMENT INFORMATION - VALID UNTIL 31 FEBRUARY 2015

★ 235 Bethnal Green Rd, London E2 6AB ★

Sleepless Nights?

Not any more!

Call in for a coffee and a chat. You're bound to find a bed, mattress or furniture bargain which is just your cup of tea!

HUGE SELECTION OF
•BEDS •MATTRESSES
•BEDFRAMES •SOFAS
•WARDROBES •DINING
TABLES •CHEST OF
DRAWERS IN
STOCK NOW!

FAST DELIVERY
OR YOU CAN COLLECT TODAY!

CALL OUR HOTLINES **Now!** ☎ **020 7377 2695**
☎ **020 7247 1581**

www.happynightmares.co.uk

All types and sizes of
MATTRESSES
in stock now!

- Orthopaedic •Open Coil •Pocketsprung
- Memory Foam •Pillow Top •Special Sizes •Made to Measure



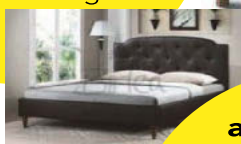
All types and sizes of
DIVAN BEDS
in stock now!

Great Prices!



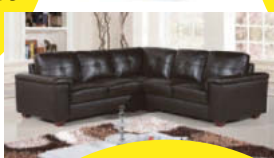
All types and sizes of
BEDFRAMES
in stock now!

- Metal •Leather •Fabric Wood •Traditional & Modern Designs



All types and sizes of
SOFAS
in stock now!

- 2 Seaters •3 Seaters •Corner Sofas •Recliners

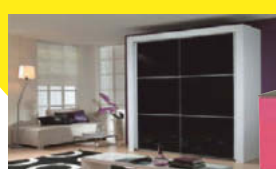


All types and sizes of
BUNK BEDS
in stock now!

- Doubles •Triples •Wood •Metal



All types and sizes of
WARDROBES
in stock now!



All types and sizes of
CHEST OF DRAWERS
in stock now!



All types and sizes of
TABLES, CHAIRS & DINING ROOM FURNITURE

And much, much more!



FAST
NEXT DAY DELIVERY
OR COLLECT FROM STOCK

www.happynightmares.co.uk

BUY NOW ONLINE OR OVER THE PHONE

☎ **020 7377 2695**

OR VISIT ONE OF OUR WAREHOUSES

LONDON

HARLOW

020 7247 1581

01279 422212

Unit 67/68 Vallance Road,
Whitechapel, London E1 5BW

Unit C, St James Centre,
East Road, Harlow CM20 2SX
(Behind the Range)

OPEN 7 DAY A WEEK
EASY PARKING



Landlords... Top rents achieved 3 months paid in advance

FREE PROPERTY LICENCE

Hassle-Free Letting

Rent your property today!

- ✓ FREE NIC
- ✓ FREE EPC
- ✓ FREE inventory
- ✓ FREE gas safety check
- ✓ Families waiting

Find out more →



Properties Urgently Required in all East London Boroughs & Essex



elliotleigh.com

020 8983 4444

Visit our website for more information www.elliotleigh.com

CANARY WHARF COLLEGE GLENWORTH PUBLIC CONSULTATION EVENT

PROPOSED DESIGNS FOR THE GLENWORTH SCHOOL.
ARCHITECTS AND BUILDERS PRESENT.

MEMBERS OF THE
COMMUNITY WELCOME –
PLEASE COME ALONG!

**THURSDAY 29TH
JANUARY 2015
3PM – 7PM**



197 EAST FERRY ROAD, LONDON E14 3BA
WWW.CANARYWHARFCOLLEGE.CO.UK





Grow your own

The Urban Orchard Project works with communities to plant, manage, restore and harvest orchards in urban areas to encourage people to rediscover the pleasure of eating homegrown fruit.

WWW.THEURBANORCHARDPROJECT.ORG



The big chill

How to prevent your pipes freezing and possibly bursting.

SEE BELOW

Property



Planting one of the new fruit trees on the Lincoln Estate, Bow

Fresh, fruity feast at urban orchard

BY STAFF REPORTER

A BOW estate could be in for its own fruit harvest after residents planted a new orchard with four different varieties of trees.

Seven bare root trees – apple, cherry, plum and pear – were planted on the Lincoln Estate where residents had spotted an under-used plot of grass next to Sleaford House.

They decided to transform it into a family-friendly space for the community and, after

getting agreement from others living nearby, the Urban Orchard Project organised the planting on Saturday, January 17 with Poplar Harca staff at the Linc Centre.

Eight residents have been trained as ‘orchard leaders’ to manage the trees, monitor their progress and eventually harvest the fruit.

Ana Mae Ramirez, area co-ordinator at housing organisation Poplar Harca, said: “It’s great to see local residents taking the lead on projects like this.

“Everyone involved feels very proud to have created the first orchard in the area, which will be enjoyed for years to come.”

Urban Orchard Project manager Amber Alferoff added: “The new orchard will provide fresh local fruit, bring beauty through the seasons and offer a place for people to meet.”

The scheme was funded by Urban Orchard Project with support from Poplar Harca and local gardening clubs, who were each given a cherry tree as a thank you gift.

Spring in our sights

News from Cable Street Community Gardens

HAPPY New Year everyone! The new growing season appears to have started already with snowdrops in flower, and primroses and cowslips in bloom in December.

We even had jasmine (not the winter flowering variety) in full bloom as we were dressing our Christmas tree.

As seasons merge, it is becoming increasingly difficult to predict just when it is safe to sow and plant outside. Maybe it is

better to keep to winter jobs in case another cold spell catches us unawares.

January is the perfect time to encourage an early crop of rhubarb by covering the crowns with a layer of straw and then an upturned bucket or clay pot which keeps the crown in the dark. That way, stems will be ready to harvest two or three weeks earlier than those left uncovered.

Now, too, is the perfect time to plant bare-root fruit canes such as blackberries and



raspberries. Before planting, soak the roots in a bucket of water overnight. Add some organic matter to the planting hole and place the plants about 3 feet (1 metre) apart. Firm in well and water.

Cane fruits need support. Stretch a few strands of wire between two posts and tie the canes to the wire as they grow. If short of space, you can create a wigwam of tall bamboo canes. Keep the plants well watered, especially in dry, sunny spells.

You can also plant bare-root fruit bushes such as blackcurrants, cranberries and bilberries. These can also be grown in pots. Make sure the pot is large enough, place a few broken crocks in the bottom for drainage and use a rich compost with well-rotted manure added.

Whatever you are doing, happy gardening and enjoy the lengthening days ahead.

Wrap up your pipes

AS temperatures fall, households are being urged to wrap up their water pipes to prevent them becoming frozen and possibly bursting.

The Consumer Council for Water recommends the following:

- Get your pipes and water tanks insulated – visit your local DIY store or shop online for a variety of products that can help.
- Wrap bends or hard-to-get-at pipes with strips of insulation.
- Find your stop tap – being able to turn the water off quickly could save a lot of damage.
- Insulate outside taps or turn them off at the stop tap and drain the water from them.
- If you go away for a few days, leave your heating on low and set it to come on at least once every day.
- If your pipes do get frozen, find the stop tap and turn it off. Make sure any nearby cold taps are turned on, to allow the water to escape when it thaws. Don’t turn hot taps on until the central heating is switched off.

For more tips go to www.ccwater.org.uk



COVERING M25 RADIUS

789 Commercial Road, St Anne Street, Limehouse, London E14 7HG

3/5 YEARS LEASING OPTION • NO VOID PERIOD • NO MANAGEMENT FEE

Did you know?
We are the official leasing agents and preferred choice for your local authority



Estate & Letting Agents
info@metropolitanandcrown.com
0207 538 8887

£1500

CASH INCENTIVE FOR LANDLORDS*

1, 2, 3, 4 bedroom flats/houses wanted

- Monies **paid instantly** upon signing
- *T&C Applies.

t 020 7538 8887 Lines open 24 hours
info@metropolitanandcrown.com www.metropolitanandcrown.com



RENT GUARANTEED 52 weeks of the year!

WE GUARANTEE TO LET YOUR PROPERTY ON THE SAME DAY
*T&C APPLIES

tower hamlets homeseekers

23/01/15 - 29/01/15
Closing date for Internet and
Telephone bids:
29/01/15

Find out about local schools, council services, transport links, and businesses at: www.upmystreet.com

UpMyStreet

Circle 33
Enhancing Life Chances

east THAMES



You can bid for these homes only if you have an active application on the Tower Hamlets Housing List. Please do not visit any of them as it may cause a nuisance to neighbours.

We can only contact people we make offers to. Offers are made in priority order based on the lettings policy. A copy of the policy is available from us on 020 7364 2826 or on the website.

تاور ہملتس ہاؤسنگ لیٹلنگس آپنا ایکٹو ایپلیکیشن پر تاور ہملتس ہاؤسنگ لیٹلنگس پر۔ براؤزنگ کے لئے کسی گھر کو نہ جائے۔ کیونکہ یہ ہمسائیوں کے لئے پریشانی کا باعث ہو سکتا ہے۔

ہم صرف ان لوگوں سے رابطہ کر سکتے ہیں جن کو ہم گھر کی پیشکش کرتے ہیں۔ یہ پیشکش کرنا یہ داری کی پالیسی کی بنیاد پر ترجیحی لحاظ سے کی جاتی ہے۔ پالیسی کی کاپی ہم سے اس نمبر پر رابطے کے ذریعے دستیاب ہو سکتی ہے۔ 020 7364 2826 یا آپ اسے ویب سائٹ پر ملاحظہ کر سکتے ہیں۔

Waxaad dooran kartaa guryahan kaliya haddii aad leedahay codsi wali shaqayna oo ku jira liistada guryaha ee Tower Hamlets. Fadlan adigoo raali ah midna ha soo booqan guryahan, waxa laga yaabaa inay buuq ku keenaan jaararka.

Waxaan kaliya oo aan la xidhiidhnaa dadka aanu guryo ugu deeqayno. Guryo bixintu waxa lagu gaadhaa habka mudnaanta loo kala leeyahay ee ku salaysan nidaamka guryo kiraynta. Nuqul ka mid ah nidaamkan waxaad nagaga heli kartaa adigoo la soo xidhiidha telefanka 020 7364 2826 ama cinwaanka internetka

若您仍然登記在塔橋區政府現時生效的房屋名單上，您才可以競投這些房屋。請切勿到任何這些房屋造訪，因為這可能對鄰居造成滋擾。

我們只能聯絡那些我們可以提供房屋的人士。我們根據租屋政策按優先次序提供房屋。欲索取這份政策，請致電我們，號碼 020 7364 2826，或瀏覽網站。

Nếu đơn thỉnh cầu của bạn trong danh sách xin cấp nhà của Tower Hamlets mà có kết quả, bạn có thể lựa chọn những căn nhà này. Xin đừng tới tham quan bất cứ căn nhà nào vì có thể gây nên những phiền toái cho hàng xóm.

Chúng tôi chỉ có thể liên lạc với những người chúng tôi cấp nhà. Quyết định cấp nhà theo thứ tự ưu tiên dựa trên chính sách cho thuê nhà. Nếu bạn cần bản sao chính sách này, bạn có thể gọi số 020 7364 2826 hoặc vào trang web.

آپ ان گھروں کے لئے صرف اسی صورت میں بولی دے سکتے ہیں اگر "ہاؤسنگ لیٹلنگس لسٹ" میں آپ کی درخواست واجب و اجاب اورز پر فور ہے۔ براؤزنگ کے لئے کسی گھر کو نہ جائے۔ کیونکہ یہ ہمسائیوں کے لئے پریشانی کا باعث ہو سکتا ہے۔

ہم صرف ان لوگوں سے رابطہ کر سکتے ہیں جن کو ہم گھر کی پیشکش کرتے ہیں۔ یہ پیشکش کرنا یہ داری کی پالیسی کی بنیاد پر ترجیحی لحاظ سے کی جاتی ہے۔ پالیسی کی کاپی ہم سے اس نمبر پر رابطے کے ذریعے دستیاب ہو سکتی ہے۔ 020 7364 2826 یا آپ اسے ویب سائٹ پر ملاحظہ کر سکتے ہیں۔

website: www.towerhamlets.gov.uk

Support Charges apply to **all Sheltered homes for the Over 60's**. This will be covered by Supporting People Subsidy **if you are entitled to Housing Benefit or other benefits**. Subsidy is also available for individuals not in receipt of benefit in some cases. If you need information about financial help, please contact the Lettings Team on 020 7364 0204/0206 or ask for a copy of our leaflet 'Support Charges in long term Supporting People Services'. This is also available on our website www.towerhamlets.gov.uk.

Further information on homes advertised is available at One Stop Shops & Neighbourhood Housing Offices

Key for Accessible Housing Register

Some people require a home that is accessible. These homes are coded as follows:

Category	Description
A Wheelchair Accessible	Purpose built to meet most recent wheelchair housing standards
B Partially Wheelchair Accessible	Designed to older wheelchair housing standards
C Life time Homes	Specifically designed to create an accessible and adaptable home
D Easy Access	Designed to be spacious with no steps to the property
E Step-free	General housing with no steps to the property
F General Housing	Does not meet requirements for other categories
G Not assessed	Property not yet had access survey

Vulnerable applicants who need help and information regarding their housing application and with finding suitable accessible and/or adapted homes, contact the Lettings Client Support Team on 020 7364 0204 / 0206 / 0209.



1. Internet Bidding
Just log on to www.thhs.org.uk



2. Telephone Bidding
Simply call 0845 270 2400

Permit Transfer Scheme: for residents moving to 3 bedroom or larger social rented car free homes

The Mayor of Tower Hamlets introduced the new Permit Transfer Scheme (PTS) to operate from 5 September 2011 to help to reduce the levels of overcrowding in social rented housing in the borough. The PTS helps some families move to larger social rented car free homes by allowing them to retain one on-street resident car parking permit, subject to the PTS criteria as outlined below being met. The PTS is a change in the operation of the Council's existing on-street Residents' Parking Permit Scheme.

CAR FREE HOMES No on-street residents' parking permits issued

The Council's 'car free homes' planning policy was introduced in Tower Hamlets in the late 1990s to help reduce traffic congestion and better manage the limited supply of on-street parking spaces. This initiative also helps to reduce the level of air pollution from motor vehicles and encourages more people to walk, cycle and go by public transport.

The Transport for London (TfL) Cycle Hire scheme (www.tfl.gov.uk/cycling) and local pay-as-you-go car clubs (www.carplus.org.uk) are also now available in Tower Hamlets to help you get around in healthier, greener ways.

If you live in a car free home, you will not be able to apply for on-street residents' car parking permits, unless you hold a disabled driver's blue badge or are eligible under the Permit

Transfer Scheme (PTS), which is targeted at social rented housing residents. The criteria for the PTS is as follows:

1. applies to residents moving to 3 bedroom or larger social rented car free homes;
2. only one on-street resident parking permit per household is permitted;
3. you must have held your on-street car parking permit for at least 1 year prior to moving home;
4. your on-street parking permit must be renewed and **not lapse to remain eligible** under the scheme;
5. the tenant is responsible for providing proof of PTS eligibility to Parking Services (including a duly signed and dated Tower Hamlets Homes or housing association approved tenancy agreement); and

6. the PTS was introduced on (and operates from) 5 September 2011 by Tower Hamlets Council and **is not retrospective**.

Residents in car free homes can apply for a temporary parking permit for visiting trades people for £5 a day. To qualify, written proof of the work to be carried out must be provided, along with the vehicle's details. Each home can apply for a maximum of 20 one-day-permits within a 6 month period.

Alternatively, scratchcards are available for trades people and visitors, providing parking for up to five hours on weekdays and all day on weekends. Households can apply for up to 3 books of 10 scratchcards per year. For permit charges and information, visit www.towerhamlets.gov.uk/parking



SHELTERED
Accessible Category E
JOHN TUCKER HOUSE, MELLISH STREET, E14

Flat • 1 Bed 2 Person • Ground Floor • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets not permitted

Eligibility : Min Client Age 60

£179.84, Weekly - Social Rent
Landlord: Gateway Housing Association

Property Ref: 31453



SHELTERED
Accessible Category E
ROCHESTER COURT, WILMOT STREET, E2

Flat • 1 Bed 2 Person • Ground Floor • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • Communal garden • Pets not permitted

Eligibility : Min Client Age 60

£166.32, Weekly - Social Rent
Landlord: Gateway Housing Association

Property Ref: 31466



OVER 50's
Accessible Category F
CORNWOOD DRIVE, E1

Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets with landlords permission

Eligibility : Min Client Age 50

£143.89, Weekly - Social Rent
Landlord: Swan Housing Association

Property Ref: 31447



OVER 50's
Accessible Category F
ALLISTON HOUSE, GIBALTAR WALK, E2

Flat • 1 Bed 2 Person • 3rd floor • Separate kitchen • Two lifts • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted

Eligibility : Min Client Age 50

£121.20, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 31452



1 BEDROOM
Accessible Category F
EVERARD HOUSE, BOYD STREET, E1

Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • One lift • Separate Bathroom and W/C • GCH • No garden

£106.15, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 31402



1 BEDROOM
Accessible Category F
WINTERTON HOUSE, DEANCROSS STREET, E1

Flat • 1 Bed 2 Person • 8th floor • Separate kitchen • Two lifts • Entryphone • Bathroom with W/C • Electric radiators • No garden • Residents parking scheme • Pets not permitted

£0.00, Rent to be advised
Landlord: Tower Hamlets Community Housing

Property Ref: 31482



1 BEDROOM
Accessible Category F
WINTERTON HOUSE, DEANCROSS STREET, E1

Flat • 1 Bed 2 Person • 14th floor • Separate kitchen • Two lifts • Entryphone • Bathroom with W/C • Electric radiators • No garden • Residents parking scheme • Pets not permitted

£135.97, Weekly - Social Rent
Landlord: Tower Hamlets Community Housing

Property Ref: 31471



1 BEDROOM
Accessible Category G
GRANARY ROAD, E1

Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • Private garden • Pets not permitted

£122.46, Weekly - Social Rent
Landlord: Spitalfields HA

Property Ref: 31481



1 BEDROOM
Accessible Category G
STEVEDORE STREET, E1W

Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets not permitted

£126.56, Weekly - Social Rent
Landlord: Spitalfields HA

Property Ref: 31480



1 BEDROOM
Accessible Category F
JOHN NETTLEFOLD HOUSE, BETHNAL GREEN ROAD, E2

Flat • 1 Bed 2 Person • 2nd floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Residents parking scheme • Pets not permitted

£127.55, Weekly - Social Rent
Landlord: Tower Hamlets Community Housing

Property Ref: 31463



1 BEDROOM
Accessible Category G
MENOTTI STREET, E2

Flat • 1 Bed 2 Person • Ground Floor • Open plan kitchen • No Lift • Entryphone • Bathroom with W/C • Electric radiators • No garden • Pets not permitted

£111.28, Weekly - Social Rent
Landlord: Southern Housing Group

Property Ref: 31442



1 BEDROOM
Accessible Category F
HACKWORTH POINT, RAINHILL WAY, E3

Flat • 1 Bed 2 Person • 15th floor • Open plan kitchen • Two lifts • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets with landlords permission

£144.21, Weekly - Social Rent
Landlord: Swan Housing Association

Property Ref: 31478



1 BEDROOM
Accessible Category F
BRAMBLE HOUSE, DEVONS ROAD, E3

Flat • 1 Bed 2 Person • 3rd floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets with landlords permission . One week advance rent required

£112.87, Weekly - Social Rent
Landlord: Poplar HARCA

Property Ref: 31477



2 BEDROOMS
Accessible Category G
CABLE STREET, E1

Flat • 2 Bed 4 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • . • Pets not permitted

£125.16, Weekly - Social Rent
Landlord: Newlon HA

Property Ref: 31448



2 BEDROOMS
Accessible Category F
BURLEY HOUSE, WALTER TERRACE, E1

Maisonette • 2 Bed 4 Person • 2nd floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets permitted

£123.06, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 31461



2 BEDROOMS
Accessible Category G
PARFETT STREET, E1

Flat • 2 Bed 4 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets not permitted

£117.70, Weekly - Social Rent
Landlord: Spitalfields HA

Property Ref: 31479



2 BEDROOMS
Accessible Category E
SHEAD COURT, JAMES VOLLER WAY, E1

Flat • 2 Bed 4 Person • 4th floor • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.

£162.54, Weekly - Social Rent
Landlord: One Housing Group

Property Ref: 31451



2 BEDROOMS
Accessible Category G
GRANTLEY STREET, E1

House • 2 Bed 4 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • Private garden • Permit parking • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years. One week advance rent required.

£149.74, Weekly - Social Rent
Landlord: Peabody

Property Ref: 31475



2 BEDROOMS
Accessible Category F
GREEN DRAGON YARD, E1

Flat • 2 Bed 3 Person • 3rd floor • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years. Existing social housing tenants will be issued an assured tenancy

£157.40, Weekly - Social Rent
Landlord: One Housing Group

Property Ref: 31474



2 BEDROOMS
Accessible Category F
SALTWELL STREET, E14

House • 2 Bed 4 Person • Ground Floor • Separate kitchen • No Lift • Separate Bathroom and W/C • GCH • Private garden • Pets permitted

£117.42, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 31446



2 BEDROOMS
Accessible Category F
CARVEL HOUSE, MANCHESTER ROAD, E14

Maisonette • 2 Bed 3 Person • 2nd floor • Separate kitchen • No Lift • Separate Bathroom and W/C • GCH • No garden • Pets with landlords permission

£128.81, Weekly - Social Rent
Landlord: EastendHomes

Property Ref: 31470



2 BEDROOMS
Accessible Category F
GALLEON HOUSE, GLENGARNOCK AVENUE, E14

Maisonette • 2 Bed 3 Person • 5th floor • Separate kitchen • Two lifts • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets with landlords permission

£135.23, Weekly - Social Rent
Landlord: EastendHomes

Property Ref: 31468



2 BEDROOMS
Accessible Category G
DARTMOOR WALK, E14

Flat • 2 Bed 3 Person • 2nd floor • Open plan kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets not permitted

£148.17, Weekly - Social Rent
Landlord: Southern Housing Group

Property Ref: 31445



2 BEDROOMS
Accessible Category F
PUTEAUX HOUSE, MACE STREET, E2

Flat • 2 Bed 4 Person • 5th floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted

£121.68, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 31465



2 BEDROOMS
Accessible Category F
PALMERS ROAD, E2

Flat • 2 Bed 3 Person • 7th floor • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • Electric radiators • No garden • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years. Existing social housing tenants will be issued an assured tenancy

£156.87, Weekly - Social Rent
Landlord: One Housing Group

Property Ref: 31473



2 BEDROOMS
Accessible Category F
HUTTON HOUSE, TURIN STREET, E2

Flat • 2 Bed 3 Person • 3rd floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets permitted

£121.72, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 31458



2 BEDROOMS
Accessible Category F
SNELL HOUSE, TURIN STREET, E2

Flat • 2 Bed 3 Person • 1st floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets permitted

£121.60, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 31460



2 BEDROOMS
Accessible Category F
CHARLES DICKENS HOUSE, MANSFORD STREET, E2
Flat • 2 Bed 4 Person • 19th floor • Separate kitchen • Two lifts • Entryphone • Separate Bathroom and W/C • Electric storage heater • No garden • Pets not permitted
Residents parking scheme
Children must be aged 10 years or over

£166.79, Weekly - Social Rent
Landlord: Tower Hamlets Community Housing

Property Ref: 31450



2 BEDROOMS
Accessible Category F
KEDLESTON WALK, E2

Maisonette • 2 Bed 4 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Wet room (walk in shower) • GCH • Private garden • Pets permitted
no bath in property

£129.74, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 31443



2 BEDROOMS
Accessible Category F
SOUTHCOTT HOUSE, DEVONS ROAD, E3

Flat • 2 Bed 4 Person • 2nd floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets with landlords permission . One week advance rent required

£141.87, Weekly - Social Rent
Landlord: Poplar HARCA

Property Ref: 31472



2 BEDROOMS
Accessible Category F
ALLOWAY ROAD, E3

Flat • 2 Bed 4 Person • 1st floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • No garden • Pets permitted

Eligibility: Homeless Permanent

£135.48, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 31459



3 BEDROOMS
Accessible Category F
HEREFORD STREET, E2

Maisonette • 3 Bed 5 Person • 2nd floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • Private garden • Pets permitted

£139.45, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 31444



3 BEDROOMS
Accessible Category F
CHESHIRE STREET, E2

Flat • 3 Bed 5 Person • Basement • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets not permitted

£182.18, Weekly - Social Rent
Landlord: Genesis Housing Association

Property Ref: 31464

AFFORDABLE RENT PROPERTIES

Changes to Government policy mean that Housing Associations have been forced to charge higher rents on some properties. In addition not all tenancies will be tenancies for life. Please note the rent level and length of tenancy offered on the following homes.

You are advised to check the Homeseekers website at www.thhs.org.uk for further information.



AFFORDABLE RENT
Accessible Category F
BUTLEY COURT, FORD STREET, E3

Flat • 1 Bed 2 Person • 2nd floor • Separate kitchen • Two lifts • Entryphone • Bathroom with W/C • GCH • No garden • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.

Eligibility : Min Client Age 50

£192.83, Weekly - Affordable Rent
Landlord: OLD FORD HA

Property Ref: 31469



AFFORDABLE RENT
Accessible Category G
HORSEFERRY ROAD, E14

Flat • 1 Bed 2 Person • 2nd floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • Electric radiators • No garden • Pets not permitted • Life Time.

£201.00, Weekly - Affordable Rent
Landlord: Newlon HA

Property Ref: 31476



AFFORDABLE RENT
Accessible Category D
HOOVER TOWER, LANTERN WAY, E14

Flat • 4 Bed 7 Person • 2nd floor • New build • Separate kitchen • Two lifts • Entryphone • Bathroom with W/C and Additional W/C • GCH • No garden • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.

Advert represents 2 properties
£246.30, Weekly - Affordable Rent
Landlord: One Housing Group

Property Ref: 31403



AFFORDABLE RENT
Accessible Category D
HOOVER TOWER, LANTERN WAY, E14

Flat • 2 Bed 3 Person • 2nd floor • New build • Open plan kitchen • Two lifts • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.

£237.05, Weekly - Affordable Rent
Landlord: One Housing Group

Property Ref: 31405

AFFORDABLE RENT PROPERTIES



AFFORDABLE RENT
Accessible Category D
HOOVER TOWER, LANTERNS WAY, E14

Flat • 3 Bed 5 Person • 2nd floor • New build • Open plan kitchen • Two lifts • Entryphone • Bathroom with W/C and Additional W/C • GCH • No garden • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.

Advert represents 2 properties
£240.88, Weekly - Affordable Rent
Landlord: One Housing Group

Property Ref: 31406



AFFORDABLE RENT
Accessible Category D
HOOVER TOWER, LANTERNS WAY, E14

Flat • 3 Bed 5 Person • 3rd floor • New build • Open plan kitchen • Two lifts • Entryphone • Bathroom with W/C and Additional W/C • GCH • No garden • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.

Advert represents 4 properties
£240.89, Weekly - Affordable Rent
Landlord: One Housing Group

Property Ref: 31408



AFFORDABLE RENT
Accessible Category D
HOOVER TOWER, LANTERNS WAY, E14

Flat • 4 Bed 7 Person • 3rd floor • New build • Separate kitchen • Two lifts • Entryphone • Bathroom with W/C and Additional W/C • GCH • No garden • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.

Advert represents 2 properties
£246.30, Weekly - Affordable Rent
Landlord: One Housing Group

Property Ref: 31409



AFFORDABLE RENT
Accessible Category D
HOOVER TOWER, LANTERNS WAY, E14

Flat • 2 Bed 3 Person • 3rd floor • New build • Open plan kitchen • Two lifts • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.

£237.05, Weekly - Affordable Rent
Landlord: One Housing Group

Property Ref: 31412



AFFORDABLE RENT
Accessible Category D
HOOVER TOWER, LANTERNS WAY, E14

Flat • 3 Bed 5 Person • 4th floor • New build • Open plan kitchen • Two lifts • Entryphone • Bathroom with W/C and Additional W/C • GCH • No garden • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.

Advert represents 4 properties
£240.89, Weekly - Affordable Rent
Landlord: One Housing Group

Property Ref: 31415



AFFORDABLE RENT
Accessible Category D
HOOVER TOWER, LANTERNS WAY, E14

Flat • 4 Bed 7 Person • 4th floor • New build • Separate kitchen • Two lifts • Entryphone • Bathroom with W/C and Additional W/C • GCH • No garden • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.

Advert represents 2 properties
£246.30, Weekly - Affordable Rent
Landlord: One Housing Group

Property Ref: 31416



AFFORDABLE RENT
Accessible Category D
HOOVER TOWER, LANTERNS WAY, E14

Flat • 2 Bed 3 Person • 4th floor • New build • Open plan kitchen • Two lifts • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.

£237.05, Weekly - Affordable Rent
Landlord: One Housing Group

Property Ref: 31419



AFFORDABLE RENT
Accessible Category D
HOOVER TOWER, LANTERNS WAY, E14

Flat • 4 Bed 7 Person • 5th floor • New build • Separate kitchen • Two lifts • Entryphone • Bathroom with W/C and Additional W/C • GCH • No garden • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.

Advert represents 2 properties
£246.30, Weekly - Affordable Rent
Landlord: One Housing Group

Property Ref: 31422



AFFORDABLE RENT
Accessible Category D
HOOVER TOWER, LANTERNS WAY, E14

Flat • 3 Bed 5 Person • 5th floor • New build • Open plan kitchen • Two lifts • Entryphone • Bathroom with W/C and Additional W/C • GCH • No garden • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.

Advert represents 3 properties
£241.21, Weekly - Affordable Rent
Landlord: One Housing Group

Property Ref: 31423



AFFORDABLE RENT
Accessible Category D
HOOVER TOWER, LANTERNS WAY, E14

Flat • 2 Bed 3 Person • 5th floor • New build • Open plan kitchen • Two lifts • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.

£237.05, Weekly - Affordable Rent
Landlord: One Housing Group

Property Ref: 31425



AFFORDABLE RENT
Accessible Category D
HOOVER TOWER, LANTERNS WAY, E14

Flat • 3 Bed 5 Person • 6th floor • New build • Open plan kitchen • Two lifts • Entryphone • Bathroom with W/C and Additional W/C • GCH • No garden • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.

Advert represents 4 properties
£240.89, Weekly - Affordable Rent
Landlord: One Housing Group

Property Ref: 31428



AFFORDABLE RENT
Accessible Category D
HOOVER TOWER, LANTERNS WAY, E14

Flat • 4 Bed 7 Person • 6th floor • New build • Separate kitchen • Two lifts • Entryphone • Bathroom with W/C and Additional W/C • GCH • No garden • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.

Advert represents 2 properties
£246.30, Weekly - Affordable Rent
Landlord: One Housing Group

Property Ref: 31429



AFFORDABLE RENT
Accessible Category D
HOOVER TOWER, LANTERNS WAY, E14

Flat • 2 Bed 3 Person • 6th floor • New build • Open plan kitchen • Two lifts • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.

£237.05, Weekly - Affordable Rent
Landlord: One Housing Group

Property Ref: 31432



AFFORDABLE RENT
Accessible Category D
HOOVER TOWER, LANTERNS WAY, E14

Flat • 3 Bed 5 Person • 7th floor • New build • Open plan kitchen • Two lifts • Entryphone • Bathroom with W/C and Additional W/C • GCH • No garden • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.

Advert represents 4 properties
£240.89, Weekly - Affordable Rent
Landlord: One Housing Group

Property Ref: 31435



AFFORDABLE RENT
Accessible Category D
HOOVER TOWER, LANTERNS WAY, E14

Flat • 4 Bed 7 Person • 7th floor • New build • Separate kitchen • Two lifts • Entryphone • Bathroom with W/C and Additional W/C • GCH • No garden • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.

Advert represents 2 properties
£246.30, Weekly - Affordable Rent
Landlord: One Housing Group

Property Ref: 31436



AFFORDABLE RENT
Accessible Category D
HOOVER TOWER, LANTERNS WAY, E14

Flat • 2 Bed 3 Person • 7th floor • New build • Open plan kitchen • Two lifts • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.

£237.05, Weekly - Affordable Rent
Landlord: One Housing Group

Property Ref: 31439

AFFORDABLE RENT PROPERTIES



AFFORDABLE RENT
Accessible Category D
HOOVER TOWER, LANTERNS WAY, E14

Flat • 3 Bed 5 Person • 2nd floor • New build • Open plan kitchen • Two lifts • Entryphone • Bathroom with W/C and Additional W/C • GCH • No garden • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.

Advert represents 2 properties
£240.89, Weekly - Affordable Rent
Landlord: One Housing Group

Property Ref: 31454



AFFORDABLE RENT
Accessible Category D
HOOVER TOWER, LANTERNS WAY, E14

Flat • 3 Bed 5 Person • 5th floor • New build • Open plan kitchen • Two lifts • Entryphone • Bathroom with W/C and Additional W/C • GCH • No garden • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.

£240.89, Weekly - Affordable Rent
Landlord: One Housing Group

Property Ref: 31456



AFFORDABLE RENT
Accessible Category F
TIBBATS ROAD, E3

Flat • 2 Bed 3 Person • 1st floor • Open plan kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.

£202.00, Weekly - Affordable Rent
Landlord: One Housing Group

Property Ref: 31449



AFFORDABLE RENT
Accessible Category F
BUTLEY COURT, FORD STREET, E3

Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • Check garden on viewing • . • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.

Eligibility : Min Client Age 50

£192.83, Weekly - Affordable Rent
Landlord: OLD FORD HA

Property Ref: 31467

Reminder Please respect people's privacy by not attempting to access advertised properties or knocking at neighbouring homes. This causes a nuisance and may distress some individuals.



Local Housing Allowance Rates

April 2014

Type of Accommodation	Local Housing Allowance
* Shared Accommodation	£98.16 per week
1 Bedroom	£254.80 per week
2 Bedroom	£299.34 per week
3 Bedroom	£350.95 per week
4 Bedroom & above	£412.89 per week

*The shared accommodation rate will be used for single people under 35 years of age and single tenants/couples who only have exclusive use of one room and shares other facilities.



LONDON BOROUGH OF TOWER HAMLETS

TOWN AND COUNTRY PLANNING ACT 1990

1. THE LONDON BOROUGH OF TOWER HAMLETS ('the Council') hereby gives notice that it has made an Order under section 247 of the Town and Country Planning Act 1990 ('the Act') entitled "The Stopping Up of Highways (London Borough of Tower Hamlets 31 Colts Lane London) Order 2014" authorising the stopping up of the following area of public highway which is shown hatched pink on the plan attached to the Order:

1.1 being the entrance to the land known as Greenheath Business Centre, 31 Three Colts Lane, London being land of an irregular shape and measuring a total length of 17.3 metres along the boundary with 29 Three Colts Lane, 4.0 metres along the boundary with the railway arches, 10.9 metres at its north-east end and having a width of 18.7 metres at its southern end
2. THE ORDER IS MADE to enable the development described in the Schedule to this notice to be carried out in accordance with the planning permission granted under Part III of the Act to Peabody Trust of 45 Westminster Bridge Road, London SE1 7JB by the Council on 11 October 2011 under reference PA/11/00829.
3. A COPY OF THE ORDER AND THE RELEVANT PLAN MAY BE INSPECTED free of charge by way of appointment between 09:00 and 17:00 Monday to Friday (excluding bank holidays and public holidays) at the London Borough of Tower Hamlets, Mulberry Place, 5 Clove Crescent, London E14 2BG by calling **020 7364 6926** and quoting reference 2012_s247_GreenheathBP_Sophia_Grant)
4. Any person aggrieved by the Order and desiring to question the validity thereof, or of any provision contained therein, on the ground that it is not within the powers of the Act or that any regulation made thereunder has not been complied with in relation to the Order may, within 6 weeks of 17 December 2014, apply to the High Court for the suspension or quashing of the Order or of any provision contained herein.

Dated 26th January 2015

JERRY BELL
STRATEGIC APPLICATIONS TEAM LEADER

Schedule

The development to provide a building of seven storeys comprising 67 dwellings (26 x 1 bed, 22 x 2 bed and 19 x 3 bed) with associated landscaping cycle storage and car parking.



Career Opportunities

All boroughs are unique. Many are vibrant and multicultural. Some have a rich historical background. Others have a modern edge. Tower Hamlets is all of these - it's got the TH buzz that's felt by those who live and work here....



Social Worker x2 – Recruitment and Assessment Team

Education, Social Care and Wellbeing Directorate
Ref: ESW00386

£32,157 - £41,811
per annum

Enterprise Projects Assistant

Development & Renewal Directorate
Ref: DEV00494 | 18 month Fixed Term Contract

£28,845 - £30,525
per annum

For more information and to apply for these and other career opportunities, please visit the Tower Hamlets website.

www.towerhamlets.gov.uk/careers

We shall ensure fairness and equal opportunities throughout our workforce and in service delivery. We welcome applications from suitably skilled candidates regardless of ethnicity, gender, disability, sexuality, religion or age.

Closing date for all posts: 01.02.2015



INVESTORS
IN PEOPLE

Silver



PA Required to assist a dyslexic support worker (Real employee) with written correspondence and minute-taking. Must have good computer skills including email and must speak fluent Bengali/ Sylheti.

£12 per hour for 14 hours a week. You will be taken on under self-employed basis. Must have minimum B Grade in GCSE English and educated up to A level equivalent.

For an application pack please email Labir.atw@gmail.com

Main place of work will be at Real, 1st Floor Jack Dash House, 2 Lawn House Close, London E14 9YQ

Closing date: 10pm Sunday 8th Feb 2015
Interviews: To be arranged from 9th Feb 2015

Estates Cleaner

(£16,653 per annum, 35 hours per week)
Contract to 30 June 2015

We are looking for a motivated cleaner who can work independently and as part of the estates team to carry out and maintain the cleaning of the Toynbee Hall Estate.

To apply please go to our website and download an application pack: <http://www.toynbeehall.org.uk/careers> or email recruitment@toynbeehall.org.uk to request an application pack.

The deadline for completed applications are on Friday 30 January 2015 at 5pm. Interviews will be held on Wednesday 4 February 2015.

Toynbee Hall, 28 Commercial Street, London E1 6LS

Registered Charity No 211850



SUPPORT WORKER REQUIRED

Careworld London are looking for Male Sylheti/Bengali speakers to support a man with learning difficulties to live independently in his home in Gants Hill (Redbridge) and Tower Hamlets, job requires personal care and food/medical via Peg.

**Required for 3 daily shifts Monday to Friday
8am-5pm | 3pm-11pm | 11pm-8am**

Each worker will get a maximum of 3 shifts.
Experience not necessary as full training will be given.
£8 per hour gross

For an application pack please email
Careworld.recruitment@gmail.com

Or collect the application pack from Careworld London Ltd.
The Whitechapel Centre, 85 Myrdle Street, London E1 1HL

Closing date: 10pm Sunday 8th Feb 2015
Interviews: To be arranged from 9th Feb 2015

Canon Barnett Primary School

Gunthorpe Street, London E1 7RQ | Tel: 020 7247 9023



Cleaner

We are looking to recruit someone who has some experience of being part of a cleaning team, ideally in a school.

The successful person will be someone who is reliable and who takes a pride in their work.

**Monday – Friday
6.30am – 8.30am | 3.30pm – 5.30pm
Scale 1.3 | £8.96 per hour | 20 hours per week**

Closing date for application is
Friday, 6th February 2015 at 12.00pm

Further information, including an application pack, is available to download from
www.canonbarnett.sch.uk

Interviews will be held on
Monday, 9th February 2015

The school is committed to safeguarding and promoting the welfare of children and expects all staff and volunteers to share this commitment. An enhanced police check is required for the post.

**To place
your advert
in East End
Life, call...**

**Terri on
7364 4682**

**Chris on
7364 4994**

**Fatima on
7364 4623**

**Sharan on
7364 4061**

Smart Training

**Boost your employment chances
with a training course**

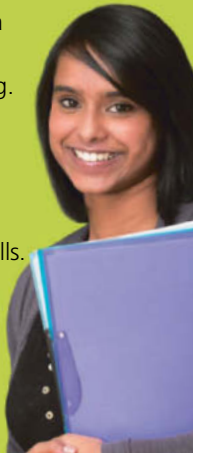
Aged 16-24 and looking to get started in a career? Then study free of charge* for the Traineeship Programme with Smart Training.

- Study for a Certificate in Work Skills
- Complete a high quality work placement
- Get tuition in English and Maths
- Improve your CV writing and interview skills.

Training is weekly in East London and you can keep any benefits you're entitled to.

*Depending on your existing qualifications. You must have lived in the UK or European Union for the last three years to be eligible.

Traineeships



Interested? Apply now – text SMART to 80800.
email start@smart-training.com, phone 0845 177 0695
or see www.smart-training.com/jobsandadvice

Public notices

PUBLIC NOTICE

**THE LONDON BOROUGH
OF TOWER HAMLETS**

ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

**TEMPORARY PROHIBITION
OF TRAFFIC – THRAWL
STREET E1**

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets proposes to make an Order, which will prohibit vehicular traffic from entering, stopping or proceeding in the length of carriageway in Thrawl Street for a distance of approximately 30 metres in the eastbound direction from its junction with Commercial Street.

The restriction on vehicular traffic will enable essential crane works to be carried out on the public highway by Cobra Traffic Management.

There are no alternative routes for vehicular traffic as it is a cul-de-sac or dead end street.

The restriction on vehicular traffic will operate on Monday 9th February 2015 and at times when temporary traffic signs are placed on the public highway pursuant to the Traffic Signs Regulations and General Directions 2002.

Please refer any queries regarding the above traffic restriction to Charlie Harrison, Network Coordinator, Transport and Highways on 020 7364 6671 or email, charlie.harrison@towerhamlets.gov.uk

Dated: 26th January 2015

JAMIE BLAKE

**SERVICE HEAD
PUBLIC REALM
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG**

PUBLIC NOTICE

**LONDON BOROUGH OF
TOWER HAMLETS**

**SPECIAL TREATMENT
LICENCES**

NOTICE IS GIVEN THAT Nuresa Begum has applied to the London Borough of Tower Hamlet for a Massage, manicure, pedicure, IPL, facial, nails, waxing, eyebrows, tinting licence.

Licence(s) for the premises: Spotlight Salon, 328 Burdett Road, London E14 7DL.

Anyone wishing to oppose the application must give notice in writing to the Environmental Health Commercial Team, Mulberry Place (AH), Box 55739, 5 Clove Crescent, London E14 1BY, Within three weeks specifying the grounds of opposition.

Persons objecting to the grant of a licence must be prepared to attend in person at a hearing before a Committee of the Council.

PUBLIC NOTICE

**THE LONDON BOROUGH
OF TOWER HAMLETS**

ROAD TRAFFIC REGULATION ACT 1984 – SECTION 23

**PROPOSED PEDESTRIAN
CROSSING UPPER NORTH
STREET, E14**

The Council of the London Borough of Tower Hamlets is considering a proposal to construct a zebra crossing in Upper North Street, at a point 6 metres south of the southern line of Cordelia Street.

A plan showing the layout of the proposed zebra crossing and associated zigzag carriageway markings can be inspected by appointment, during normal office hours from Monday to Friday inclusive, until the expiration of a period of 14 days from the date of this notice, at the offices of Communities, Localities and Culture, Public Realm, Mulberry Place, 5 Clove Crescent, London E14 2BG.

Any representations regarding the proposed crossing should be sent to the address below by Monday 23rd February 2015.

Dated: 26th January 2015

**JAMIE BLAKE
SERVICE HEAD
PUBLIC REALM**

Improvement Works Group
Transport and Highways
Mulberry Place
5 Clove Crescent
London E14 2BG

PUBLIC NOTICE

**THE LONDON BOROUGH
OF TOWER HAMLETS**

ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

**TEMPORARY PROHIBITION
OF TRAFFIC – SOUTHERN**

GROVE E3

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets, proposes to make an Order, which will prohibit vehicular traffic from entering, stopping or proceeding in the length of carriageway in Southern Grove (in the northbound direction only) between its junction with Tony Cannel Mews and its junction with Mile End Road.

The restriction on vehicular traffic will enable essential works to be carried out on the public highway by Avanti Traffic Management Limited.

The alternative route for vehicular traffic will be via Southern Grove, Tony Cannell Mews Maplin Street and Mile End Road.

The restriction on vehicular traffic will operate from Monday 16th February 2015 to Friday 20th February 2015 and at times when temporary traffic signs are placed on the public highway pursuant to the Traffic Signs Regulations and General Directions 2002.

Please refer any queries regarding the above traffic restriction to Dave Pryce, Network Coordinator, Transport and Highways on 020 7364 6898 or email, david.pryce@towerhamlets.gov.uk

Dated: 26th January 2015

**JAMIE BLAKE
SERVICE HEAD
PUBLIC REALM
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG**

LONDON BOROUGH OF TOWER HAMLETS

PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS) ACT 1990, SECTIONS 10, 67 AND 73

APPLICATIONS FOR LISTED BUILDING CONSENT AND APPLICATIONS FOR DEVELOPMENT WHICH WOULD IN THE OPINION OF THE LOCAL PLANNING AUTHORITY AFFECT THE CHARACTER OR APPEARANCE OF AN AREA DESIGNATED AS A CONSERVATION AREA OR WOULD AFFECT THE SETTING OF A LISTED BUILDING.

NOTICE IS HEREBY GIVEN THAT THE LONDON BOROUGH OF TOWER HAMLETS IS CONSIDERING THE FOLLOWING APPLICATIONS:

85 - 87 New Road, London, E1 1HH **PA/14/02938/AHU**
Replacement of existing timber frame windows with uPVC windows.

Footpath outside 191 Whitechapel Road, London, E1 1DN **PA/14/03522/EBW**

Advertisement consent following re-siting of In-Focus telephone kiosk (as part of Transport For London Supercycle Highway Upgrade Scheme) for a static single sided advertisement display, non-illuminated, (2500mm x 1100mm) set within the telephone kiosk structure. Advertisement is of same dimensions as existing telephone kiosk advertisement (the kiosk itself is being relocated due to re-aligned kerb edge at this location to facilitate the provision of the upgraded super cycle highway)

Flat 40, Tower Bridge Wharf, 86 St Katharines Way, London, E1W 1UR **PA/14/3607/LYM**

Creation of a new window opening on the rear elevation of the Tower Bridge Wharf (elevation facing the river Thames) at 7th floor level.

139-141 Roman Road, London, E2 0QN **PA/14/3584/JTH**
Erection of a part one part two storey rear extension, to create additional retail floorspace at ground floor and office floorspace at first floor level. Replacement of shopfronts.

Metropolitan Wharf, Wapping Wall, London **PA/14/3623/SHA**

- The reconfiguration of part of the internal layouts in Ground Floor areas in street side warehouse A and minor changes to warehouse D.
- The creation of a new entrance to the Riverside restaurant from Wapping Wall street side.
- The reconfiguration of the Lower Ground Floor to accommodate a new substation, residential and commercial bike stores as well as back of house uses for the extended Riverside Restaurant.

53 Burdett Road, London, E3 4TN **PA/14/3630/KFL**

Rear extension at ground floor level, part rear extension at first floor level and conversion of second floor level to provide 2 x 1 bed flat and 1 x studio flat. Alterations to existing ground floor retail unit.

144-146 Commercial Street, London **PA/14/3602/SHA**

Two additional storeys to create 2 x 1 bed residential units.
Construction of five storey rear extension to facilitate new stair case
Refurbishment of the front façade
Installation of a green roof
Internal reconfiguration consisting of:
Relocation of residential stair case
Conversion of existing 2 x 1 bed flats to 2 x 2 bed flats at first and second floor level

85A Whitechapel High Street, London, E1 7QX **PA/14/3606/SHA**
Construction of glass conservatory to cover rear yard

Site At 485-487 Commercial Road, London, E1 0HA **PA/14/3634/LAB**
Installation of steel portable container 3.0x6.0x2.25m clad with brick cladding panels.

184-186 Brick Lane, London **PA/14/3611/LYM**
Change of use of the basement and ground floor from Use Class B1 (office) to Class A2 (financial and professional services).

Nelson House, 3 Cold Harbour, London, E14 9NS **PA/14/3659/SAE**
Minor internal alterations and internal refurbishment works to the building including demolition of sections of internal walls at ground, first and second floor level.

7 Wentworth Street, London, E1 7TB **PA/14/03651/AHU**
Demolition of existing single-storey shop, and construction of a new 4-storey building with replacement shop unit at ground floor and 1 x 2-bedroom maisonette on upper floors.

5 Osborn Street, London, E1 6DT **PA/14/03296/SHA**
Retrospective application for the retention of a fully glazed shop front.

57 Clinton Road, London, E3 4QY **PA/14/03539/MCH**
Single storey side extension, first floor rear extension with balcony and roof light to existing basement.

459 Roman Road, London, E3 5LX **PA/14/3669/GMA**
Development to provide for one bedroom maisonette at ground and basement level.

152 -154 Bethnal Green Road, London E2 6DG **PA/14/02088/KHA**
Installation of air conditioning units to the rear of the property, on the east side (formerly unit 154), at ground floor level.

459 Roman Road, London, E3 5LX **PA/14/3667/GMA**
Construction of mews house to the rear of existing shop/residential building.

Footway outside 191 Whitechapel Road, London, E1 1DN **PA/14/3258/EBW**

Prior approval (under schedule 2 of Part 24 of the Town and Country Planning General Permitted Development Order 1995 for telecommunication equipment) for the siting and appearance of an "In-Focus" telephone kiosk. The telephone kiosk is being relocated closer to the back of the pavement to fit with the re-aligned kerb edge resulting from the Transport for London Supercycle Highway Upgrade. (The proposed kiosk is also subject of separate advertisement consent).

15 & 16 Durant Street, London E2 7BP **PA/14/03319/SHA**

Application for variation of conditions para 1(2) of appeal decision dated 16/06/2014 application no. APP/E5900/A/14/2214803. of planning permission PA/13/02794 1 for Joint application for proposed works at No. 15 & No. 16 Durant Street. Works at No. 15: construction of rear single storey side infill extension and rear first floor outshot extension Works at No. 16: rear single storey extension and rear two storey outshot extension

Amendment sought to no.16 consisting of:

- Change the ground floor fenestration from two bi-fold windows to a single sliding window
- Reduction in number of conservation roof lights in the rear outshot
- 2 roof lights instead of approved 3
- Addition of conservation roof light over the existing stairwell
- Replace existing infill roof with single frameless rooflight
- Lower the existing floor level of the kitchen, carrying this new level through into the new ground floor extension area.

Site North Of Sanctuary Court, Reardon Path, London **PA/14/3592/KHA**

Demolition of existing building and structures on the site and development of a basement, ground plus six storey building providing 26 residential units (Use Class C3), landscaping, use of existing vehicular access from Wapping High Street and other ancillary works across the site.

The following are householder applications and in the event of an appeal against a refusal of planning permission, which is to be dealt with on the basis of representations in writing, any representations made about these applications will be sent to the secretary of state, and there will be no further opportunity to comment at appeal stage.

22 Quilter Street, London, E2 7BT **PA/14/3590/SHA**

Single storey side return extension to the rear and alterations to the existing rear ground floor window

58 Hereford Street, London, E2 6EX **PA/14/3494/LYM**

Erect a 3.6m deep single storey rear extension.

13 St Katharines Way, London E1W 1LP **PA/14/03398/SHA**

Installation of an external condenser unit and acoustic enclosure, to the 2nd floor fire escape. Located to the rear of the existing parapet wall.

Copies of the applications and plans may be inspected between the hours of 9am-1pm, Monday to Friday at the Planning Department, Mulberry Place, Clove Crescent, London, E14 2BG. The information will also be available on the Council's web site at www.towerhamlets.gov.uk. If you respond by email, please tell us your postal address.

Any person who wishes to make representations relating to any of these applications should do so, in writing, within a period of 21 days from the date of publication of this notice to the Development Control Manager at the above address.

Dated: 26th January 2015

OWEN WHALLEY
Head of Planning and Building Control



LONDON BOROUGH OF TOWER HAMLETS

TOWN & COUNTRY PLANNING ACT 1990

MAJOR APPLICATIONS UNDER ARTICLE 13(4) OF THE TOWN AND COUNTRY PLANNING (DEVELOPMENT MANAGEMENT PROCEDURE) ORDER 2010 AND OTHER SIGNIFICANT APPLICATIONS.

NOTICE IS HEREBY GIVEN THAT THE LONDON BOROUGH OF TOWER HAMLETS IS CONSIDERING THE FOLLOWING APPLICATIONS:

31-33 Prescot Street, London, E1 8BB PA/14/3553/KHM

Redevelopment of the site to create a mixed-use development comprising the erection of a part 6 and part 10 storey building providing 32 serviced apartments (Use Class C1) on the upper levels, 503 sqm of office floorspace (Use Class B1) on lower ground and ground floor levels and 62 sqm of flexible retail/financial services/restaurant/cafe/drinking establishment floorspace (Use Class A1, A2, A3, A4 and A5).

Site North Of Sanctuary Court, Reardon Path, London PA/14/3592/KHA

Demolition of existing building and structures on the site and development of a basement, ground plus six storey building providing 26 residential units (Use Class C3), landscaping, use of existing vehicular access from Wapping High Street and other ancillary works across the site.

Glengall Quay Site At 49-59 Millharbour, 2-4 PA/14/3585/TIR
Muirfield Crescent And 16, 21 & 23-39 Pepper Street, London, E14

Demolition of the existing buildings and structures and redevelopment of the site to provide a residential-led mixed use development comprising one building of up to 45 storeys and two buildings of up to 15 storeys each. Provision of up to 484 residential (Class C3) units in total together with retail (Class A1-A4) space, community / other non residential institution (Class D1) space, open space, amenity space, landscaping, access, servicing, car parking, cycle parking, plant, storage, ancillary residential facilities and associated works.

The application is accompanied by an Environmental Impact Assessment.

Aberfeldy Estate, Abbott Road, London, E14 PA/15/00002/GGW

Minor Material amendment through variation of conditions No 3 (Approved Parameters Plans), 4 (Phasing Plan), 5 (Total Floor Space Areas) and 6 (Phase-by-phase Floor Space Areas), of Outline Planning Permission granted 20th June 2012 (Ref: PA/11/02716) "For the mixed-use redevelopment of the existing Aberfeldy estate comprising:

- Demolition of 297 existing residential units and 1,990 sq m of non-residential floorspace, including shops (use class A1), professional services (use class A2), food and drink (use class A3 and A5), residential institution (use class C2), storage (use class B8), community, education and cultural (use class D1); and
- Creation of 1,176 residential units (Use Class C3) in 15 new blocks between 2 and 10 storeys in height plus 1,743sqm retail space (Use Class A1), professional services (Use Class A2), food and drink (Use Classes A3 and A5) and 1,786 community and cultural uses (Use Class D1) together with a temporary marketing suite (407sqm), energy centre, new and improved public open space and public realm, semi-basement, ground and on-street vehicular and cycle parking and temporary works or structures and associated utilities/services."

Copies of the applications and plans may be inspected between the hours of 9am-1pm, Monday to Friday at the Planning Department, Mulberry Place, Clove Crescent, London, E14 2BG. The information will also be available on the Council's web site at www.towerhamlets.gov.uk. If you respond by email, please tell us your postal address.

Any person who wishes to make representations relating to any of these applications should do so, in writing, within a period of 14 days from the date of publication of this notice to the Development Control Manager at the above address.

Dated 26th January 2015

OWEN WHALLEY

HEAD OF PLANNING & BUILDING CONTROL



LONDON BOROUGH OF TOWER HAMLETS

TOWN & COUNTRY PLANNING (ENVIRONMENTAL IMPACT ASSESSMENT) REGULATIONS 2011

NOTICE UNDER ARTICLE 8 OF APPLICATION FOR PLANNING PERMISSION ACCOMPANIED BY AN ENVIRONMENTAL STATEMENT

PROPOSED DEVELOPMENT AT:

Glengall Quay Site At 49-59 Millharbour, 2-4 Muirfield PA/14/03585
Crescent And 16, 21 & 23-39 Pepper Street, London, E14

Notice is given that on behalf of Glengall Bridge Holdings Limited are applying to the London Borough of Tower Hamlets for:

Demolition of the existing buildings and structures and redevelopment of the site to provide a residential-led mixed use development comprising one building of up to 45 storeys and two buildings of up to 15 storeys each. Provision of up to 484 residential (Class C3) units in total together with retail (Class A1-A4) space, community/other non residential institution (Class D1) space, open space, amenity space, landscaping, access, servicing, car parking, cycle parking, plant, storage, ancillary residential facilities and associated works.

This MAJOR application includes the submission of an Environmental Statement under the provisions of the Town and Country Planning (Environmental Impact Assessment) Regulations 2011

Copies of the application, plans, environmental statement and all other documents may be inspected between the hours of 9am to 1pm, Monday to Friday at the Planning Office, Mulberry Place, 5 Clove Crescent, London, E14 2BG. The information will also be available on the Council's web site at www.towerhamlets.gov.uk. If you respond by email, please tell us your postal address.

Copies of the environmental statement may be purchased from GVA, 10 Stratton Street, London W1J 8JR, 08449020304 so long as stocks last. (Price on application)

Any person who wishes to make representations relating to this application should do so in writing, within a period of 14 days from the date of publication of this notice to the Head of Planning at the Planning Office address above.

Dated: 26th January 2015

OWEN WHALLEY

HEAD OF PLANNING & BUILDING CONTROL



Public notices

PUBLIC NOTICE

THE LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULATION ACT 1984 – SECTION 23

PROPOSED PEDESTRIAN CROSSING WARNER PLACE, E2

The Council of the London Borough of Tower Hamlets is considering a proposal to construct a zebra crossing in Warner Place, at a point 4 metres north of the northern kerb line of St Peter's Close.

A plan showing the layout of the proposed zebra crossing and associated zigzag carriageway markings can be inspected by appointment, during normal office hours from Monday to Friday inclusive, until the expiration of a period of 14 days from the date of this notice, at the offices of Communities, Localities and Culture, Public Realm, Mulberry Place, 5 Clove Crescent, London E14 2BG.

Any representations regarding the proposed crossing should be sent

to the address below by Monday 23rd February 2015.

Dated: 26th January 2015

JAMIE BLAKE
SERVICE HEAD
PUBLIC REALM

Improvement Works Group
Transport and Highways
Mulberry Place
5 Clove Crescent
London E14 2BG

PUBLIC NOTICE

LONDON BOROUGH OF TOWER HAMLETS

LICENSING ACT 2003

NOTICE OF APPLICATION TO VARY A PREMISES LICENCE

NOTICE IS GIVEN THAT Mr Shahab Uddin has applied to London Borough of Tower Hamlets Licensing Authority to vary a Premises Licence under the Licensing Act 2003.

Premises; Spice Hut, 220 Mile End

Road, London E1 4LJ

The proposed variation is: Variation to extend existing late Night Refreshment Licence (10322). From service time:- 23:00 hrs to 02:00 Monday to Sunday.

Anyone who wishes to make representations regarding this application must give notice in writing to: The Licensing Section, London Borough of Tower Hamlets, Mulberry Place, 5 Clove Crescent, London E14 2BG Website: www.towerhamlets.gov.uk Tel: 020 7364 5008

Representations must be received no later than 12/02/2015

The Application Record and Register may be viewed between 10am and 4pm Monday to Friday during normal office hours at the above address.

It is an offence under Section 158 of the Licensing Act 2003, knowingly or recklessly to make a false statement in connection with an application and the maximum fine for which a person is liable on summary conviction for the offence is up to level 5 on the standard scale (£5000)

LONDON BOROUGH OF TOWER HAMLETS

The Tower Hamlets (Personalised Disable Parking Places) (No.1) Order 2010 (Amendment No.1) Order 2015 No.02

The Tower Hamlets (Waiting and Loading Restrictions) (No 1) Order 2012 (Amendment No.1) Order 2015 No.03

The Tower Hamlets (Loading Bays) (No.1) Order 2011(Amendment No.1) Order 2015 No.04

The Tower Hamlets (Victoria Park Car Park and St. Marks Gate Car Park (Off Street Parking Places) (no.1) order 2015 no.05

The Tower Hamlets (Motorcycle Bays) (No.1) Order 2015 No.06

The Tower Hamlets (C4 Parking Places) (No.1) Order 2011(Amendment No.1) Order 2015 No.07

The Tower Hamlets (A3 Parking Places) (No.1) Order 2011(Amendment No.1) Order 2015 No.08

The Tower Hamlets (A4 Parking Places) (No.1) Order 2011(Amendment No.1) Order 2015 No.09

The Tower Hamlets (A6 Parking Places) (No.1) Order 2011(Amendment No.1) Order 2015 No.10

The Tower Hamlets (A2 Parking Places) (No.1) Order 2011(Amendment No.1) Order 2015 No.11

1. **NOTICE IS HEREBY GIVEN** that the Council of the London Borough of Tower Hamlets on 26thJanuary2015 made the above-mentioned Orders under the relevant sections of the Road Traffic Regulation Act 1984, as amended by Section 5 of the Local Government Act 1985 and the Traffic Management Act 2004.
2. The general effect of the Orders would be to in:
- a) **Stepney Way** -
- i. To convert the existing Single Yellow Lines on the north side betweenits junction with Jubilee and Sidney Street to Double Yellow Lines
 - ii. To introduce No Loading ‘At Any Time’ Restrictions from its junction with Sidney Street:
 - a) north side - eastwards for approx. 15m and also
 - b) south side - eastwards for approx. 10m
 - iii. To introduce a 10m loading bay on existing Yellow Lines on the south side (outside No.116 -114)
- (b) **Cavell Street** -
- i. To convert the existing Single Yellow Line on the east side, from its junction with Stepney Way, southwards to the junction with Newark Street to Double Yellow Lines
 - ii. To introduce No Loading ‘At Any Time’ Restrictions from its junction with Stepney Way:
 - a) west side - southwards for approx. 10m and also
 - b) east side - southwards for approx.10m
- c) **At various locations across the Borough** - To re-enact without any change in substance the provisions of Schedule 4 of the Tower Hamlets (Waiting and Loading Restriction) Order 2012, as amended;consolidate all existing motorcycle bays under The Tower Hamlets (Motorcycle Bays) (No.1) Order 2015 inthe following Streets: Addington Grove, Albert Gardens, Alie Street, Back church Street, Bancroft Road, Bessy Street, Beaumont Square, Brick Lane, Cambridge Heath Road, Clinton Road, Coate Street, Columbia Road, Copperfield Road, Davenant Street, Derbyshire Street, Driffield Road, East Arbour Street, Eric Street, Ezra Street, Fairfield Road, Flamborough Street, Fordham Street, Gawber Street, Green Bank, Greenfield Street, Grimsby Street, Hamlets Way, Hooper Street, Jamaica Street, Jubilee Street, Leman Street, Millharbour, Monza Street, Naval Row, Norbiton Road, Old Bethnal Green Road, Old Castle Street, Old Nichol Street, Pennington Street, Philpott Street, Poplar High Street, Ravenscroft Street, St. Stephens’ Road, St Katharines Way, Selby Street, Sidney Street, Spital Square, Sutton Street, Swanfield Street, Salmon Lane, Tapp Street, Tenter Ground, Tredegar Road, Three Colt Street, Vaughan Way, Vyner Street, Wentworth Street, Whitethorn Street and Wapping High Street;
- (d) **Buckhurst Street** -
- i. Upgrade the existing Single Yellow Lines to Double Yellow Line.
 - ii. Revoke the single Permit Space nearest Three Colts Lane and replace with Double Yellow Line.
- (e) **Three Colts Lane** (south side nearest Cambridge Heath Road) - to substitute the Pay & Display Bay with a Goods Loading Bay to operate Monday to Sunday 8.30am to 8pm.
- (f) **Cudworth Street** (outside Phoenix Court) - To introduce on existing Single Yellow Line a 2 space Multibay (Permit and Pay & Display – Cashless).
- (g) **Spital Street** (west side, outside no. 15-17) -
- i. Shift the existing Multibay northwards by 1.5m
 - ii. Introduce on existing Single Yellow Line a 3 space Multibay (Permit and Pay & Display).
- (h) **Hanbury Street** (outside no. 68-80) - To introduce on existing Double Yellow Line a 3 space Multibay (Permit and Pay & Display – cashless).
- (i) **Heneage Street** -
- i. (outside no.37) – To introduce on existing Double Yellow Line a 3 space Resident Bay.
 - ii. To introduce No Loading ‘At Any Time’ Restrictions outside no. 5 A/B and at its junction with Spelman Street.

- (j) **West Ferry Road** (outside no.122-126) - To upgrade the Single Yellow Line to Double Yellow Line with No Loading ‘At Any Time’ Restrictions.
 - (k) **Stayners Road** -
 - (l) Upgrade the Single Yellow Lines to Double Yellow Line.
 - i. To introduce No Loading ‘At Any Time’ Restrictions on the east side from Mile End Road for approx. 30m.
 - ii. (Opposite no. 1-31) – To introduce on Single Yellow Line a 4 space Multibay (Permit and Pay & Display – Cashless).
 - (m) **Tyne Street** - (From its junction with Pommel Way) To introduceNo Loading ‘At Any Time’ Restrictions on both east and west sides for approx.42m
 - (n) **Cable Street** -
 - i. To introducea Resident Bay (approx. 6m) on the existing Single Yellow Lines between No 224 - 228 (the south side).
 - ii. To convert the existing Single Yellow Lines on the south side between its junction with Dellow Street and Cannon Street Road to Double Yellow Lines
 - iii. To extend the existing Resident Bay outside No.222 by approx. 3m eastwards
 - (o) to introduce an off–street parking place under local authority enforcement thereby introducing charges and conditions to the use of the car parks located on,
 - i. **Victoria Park Car Park** - on Grove Road junction with Old Ford Road,
 - ii. **St. Marks Gate Car Park** - on Wick Lane junction with Jodrell Road.
- Provided that between 8.30am and 5.30pm Mondays to Sundays and that vehicles will be required to Pay by Phone (cash less) parking, the charges at each of the Car Parks would be as follows:-

	Monday to Sunday 1 hour	Monday to Friday 4 hours	Monday to Friday All day	Saturday to Sunday 4 hours	Saturday to Sunday All day
Victoria Park Car Park	£2.00	£5.00	£7.00	£3.00	£5.00
St. Marks Gate	£2.00	£5.00	£7.00	£3.00	£5.00

- iii. The Parking places will be open between 8:30am and 5:30pm Mondays to Sundays for use only by motor cycles, motor cars, invalid carriages and goods vehicles.
 - iv. Provide that vehicles displaying a Disable Person's Badge issued by any local authority will only be exempt from the above hourly charge if such vehicles are left in the marked out disabled bays (maximum stay 2 hours no return within 2 hours) from which all other vehicles will be prohibited.
3. The Regulations, fees and usual exemptions imposed by the governing Traffic Management Orders would apply to the proposals referred to in paragraph 2 above.
4. A copy of each of the proposed Orders and all relevant documents can be inspected, by prior appointment, at the offices of the at the Parking Services Offices, 585-593 Commercial Road, London E10HJ (0207-364 6952), during normal office hours on Monday to Friday inclusive until the expiration of a period of 21 days from the date on which this notice is published.
5. Any person desiring to comment on or object to any of the proposed Orders should send a statement in writing or e-mail: parking.development@towerhamlets.gov.uk of their objection and the grounds thereof, to the above address within the aforementioned period of 21 days.

Dated: 26th January 2015

JAMIE BLAKE,
SERVICE HEAD, PUBLIC REALM



Public notices

PUBLIC NOTICE

THE LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

TEMPORARY PROHIBITION OF TRAFFIC – FOURNIER STREET E1

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets proposes to make an Order, which will prohibit vehicular traffic from entering, stopping or proceeding in the length of carriageway in Fournier Street between its junction with Commercial Street and its junction with Wilkes Street.

The restriction on vehicular traffic will enable essential installation of new gas service to be carried out on the public highway by McNicholas Construction on behalf of Fulcrum.

The alternative routes for vehicular traffic will be via Commercial Street, Hanbury Street and Wilkes Street or Commercial Street, Fashion Street, Brick Lane, Quaker Street, Wheeler Street, Commercial Street (southbound), Hanbury Street and Wilkes Street.

The restriction on vehicular traffic will operate from Monday 16th February 2015 to Friday 20th February 2015, and at times when temporary traffic signs are placed on the public highway pursuant to the Traffic Signs Regulations and General Directions 2002.

Please refer any queries regarding the above traffic restriction to David Pryce, Network Coordinator, Network Management Team, Transport and Highways on 020 7364 6898 or email, david.pryce@towerhamlets.gov.uk

Dated: 26th January 2015

JAMIE BLAKE
SERVICE HEAD
PUBLIC REALM
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG

PUBLIC NOTICE

THE LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

TEMPORARY PROHIBITION OF TRAFFIC – PARFETT STREET E1

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets, made an Order, which will prohibit vehicular traffic from entering, stopping or proceeding in the length of carriageway in Parfett for a distance of approximately 30 metres, south, from its junction with Fieldgate Street.

The restriction on vehicular traffic will enable essential works to be carried out on the public highway by Cappagh Browne on behalf of

Thames Water.

The alternative route for vehicular traffic will be via Fieldgate Street, Settles Street, Fordham Street and Parfett Street.

Throughout the duration of the works, and at times when the “one way” traffic signs are covered, the existing one-way working in Parfett Street between its junction with Fieldgate Street and its junction with Fordham Street will be temporarily suspended.

The restriction on vehicular traffic will operate from Tuesday 3rd February 2015 to Thursday 5th February 2015 and at times when temporary traffic signs are placed on the public highway pursuant to the Traffic Signs Regulations and General Directions 2002.

Please refer any queries regarding the above traffic restriction to Mick Jameson, Network Coordinator, Transport and Highways on 020 7364 6717 or email, mick.jameson@towerhamlets.gov.uk

Dated: 26th January 2015

JAMIE BLAKE
SERVICE HEAD
PUBLIC REALM
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG

LONDON BOROUGH OF TOWER HAMLETS

LICENSING ACT 2003

NOTICE OF APPLICATION FOR A PREMISES LICENCE

NOTICE IS GIVEN THAT The Generation of Z Ltd has applied to the London Borough of Tower Hamlets Licensing Authority for a Premises Licence under the Licensing Act 2003.

Premises: The basement space of 69-89 Mile End Road, E1 4TT.

The licensable activities and timings are: Provision of regulated entertainment (plays)
Tuesday 1900 – 2200
Wednesday 1900 – 2315
Thursday 1900 – 2315
Friday 1900 – 2315
Saturday 1700 – 2315
Sunday 1600 – 2115

Anyone who wishes to make representations regarding this application must give notice in writing to: The Licensing Section, London Borough of Tower Hamlets, Mulberry Place, 5 Clove Crescent, London E14 2BG. Website: www.towerhamlets.gov.uk Tel: 020 7364 5008

Representations must be received no later than 18/02/15

The Application Record and Register may be viewed between 10am and 4pm Monday to Friday during normal office hours at the above address.

It is an offence under Section 158 of the Licensing Act 2003, knowingly or recklessly to make a false statement in connection with an application and the maximum fine for which a person is liable on summary conviction for the offence is up to level 5 on the standard scale (£5000)



Get fit and have fun

To find out more about the wide range of healthy and enjoyable events and activities available at the borough's leisure centres go to your local centre or visit.

WWW.GLL.ORG

EASTENDLIFE.NEWS@TOWERHAMLETS.GOV.UK

Sport

Boxing

Davies retires

RICHIE Davies, the one-time Arbour Youth amateur boxer who become one of our top professional referees and judges, has retired.

Davies, a former Tower Hamlets Council pest controller, is quitting after 31 years.

After 21 fights as an amateur, Davies became a judge at the age of 17 and went on to enjoy a distinguished career in the professional ranks where he officiated at several British, Commonwealth, European and World title fights.

The man in the middle said: "I have enjoyed a life that I could only dream about when I was boxing. The boxers I have met have enriched my life and I leave with wonderful memories."

Title chance

KEVIN Mitchell faces Daniel Estrada for the WBC Silver Lightweight title at The O2 on Saturday knowing this could be his last shot at the big time.

Mitchell returns to action for the first time since his thrilling stoppage of Ghislain Maduma at Wembley Stadium last May.

Basketball

Lions rocked

LONDON Lions Basketball team thought they were going to return from a trip to Scotland with a draw but ended up losing by a point to Glasgow Rocks.

The two teams were level and there were just four seconds left on the clock when Kieron Achara came up with some last-gasp heroics to lift Rocks to an 89-86 success.

The Great Britain international hit the headlines earlier in the season when his three-point shot at the buzzer sent Rocks through to the semi-final of the League Cup.

He repeated this again, connecting from long range after being found by player-coach Sterling Davis.

It halted a run of three straight losses for the Scottish club and helped them recover from the disappointment of defeat in the BBL Cup Final.

Hat-tricks light up league

BY PETER FAULKNER

THE East London Sunday Football League served up an amazing four hat-trick performances in the league and the cup.

The three-goal bursts came from Marlon Cambell (Hatch Lane), John Gilroy (FC Stepney), Jamie Tran (Mabley) and Ryan Sammut (Castrillon).

Campbell's treble came in Hatch Lane's 6-1 thrashing of Hackney Downs in the **Joshila Sports Premier Division** and he was supported by goals from Kazim Bishop, Sanjay Thompson and Kevin Bomjenga.

In **Division One** Gilroy bagged his three as FC Stepney beat Nightingale 5-1. Martin Jones and Johnny Ashman were the other scorers while Stephen Brown got the only goal for Nightingale.

Athletico Bow took a step closer to the title as they beat Vallance 2-0, Tyrone Davidson and Luke Barter were the goal-scorers. Cranes drew 3-3 with Young Prince, Alfie Andrews, 2, and John Cutts securing the draw for Prince.

In **Division Two** Tran's hat-trick set up Mabley's 5-0 win over Wimbledon Park – Andry Accouche and Chris Boakye got the other two. Haringey Town beat Pedro 2-0.

In the last remaining **Jubilee Cup** game Sammku shone with three for Castrillon who beat New Ward Virtue 5-2. Joe Lavery and Terrence Hannon were the other scorers for the winners and Ricky Field and Adam Heath scored replies.

In the **London Sunday Junior Cup** EL Valiente made it through to the quarter-final beating AFC Sporting Meridian on penalties. The game ended 2-2 after 120 minutes after Aaron Marston and Joel Ispendi had scored for Valiente, who progressed after winning 5-4 on penalties.

Beaumont are Vets masters

THE **Inner London Football League's Veterans League** is now in full flow and in the Premier Division, Beaumont Masters lead the way with two wins out of two while defending champions Tower



MK Galacticos and Clapton Rangers in the Champions Cup

Hamlets are second from bottom.

The First Division has six new teams taking part and Stepney Legends lead with a 100 per cent record and with an average squad age of 36, would fancy themselves as division favourites, although current second placed team Mostyn FC have certainly made a mark, being the team with the highest average age of 46.

Vets Premier Division: Abohani Vets 1, SYA Vets 0; Bromley Legends 0, Beaumont Masters 2; Tower Hamlets Vets 2, St Katharines Vets 2; Bondhu Vets 0, Riverside 0; Mostyn 2, Redbridge Vets 0; Stepney Legends 2, Tower Hamlets Vets B 0.

Tell the East End

Do you have a sports club you would like to be included in our listings? If so email the details to...

Sporting held

SPORTING Bengal had a mixed week, battling to a 2-2 draw against Newham at a windy Mile End then narrowly losing 1-0 to title chasers Barking.

The deadlock against Newham was broken in the 11th minute when a cross found Javier Rivera, who made no mistake. Sporting then hit the crossbar and within a minute conceded and with it the lead.

Sporting struck again in first-half stoppage time, Shahed Ahmed stabbing home.

The majority of the second-half chances fell to Newham. A shot was cleared off the line, before their talented winger cut in from the right and launched a rocket into the top corner after 75 minutes.

Against second placed Barking, Sporting Bengal threw away first-half chances – including a penalty.

On 75 minutes the deadlock was broken. Following a strong header from midfield over the top of the Sporting defence, striker Wale Odedoyun finished low to the keeper's left.

It's Green's day as East cruise to victory



East London's Joe Green

Hockey

IN a weather-ravaged weekend of hockey, East London's men's second team beat Southend 4-1 while the ladies' thirds lost out 5-3 to Colchester.

The men were slow out of the blocks, but a well-worked reverse strike from Tom Sword gave them the lead.

The lead was doubled by Joe Green from a well-worked short corner, but Southend pulled on back before the break.

In the second half Green tapped in his second from half a yard, before scoring a cheeky hat-trick goal.

The ladies faced Colchester in a top-of-the-table clash and, after a shaky first ten minutes, hit three well executed counter-attacking goals.

Hannah Graham's first was deflected

into her own net by a Colchester defender, but her second went straight in.

Maghan Joyce completed East's scoring, and Colchester squeezed one back to turn around two down.

The second half began with Colchester showing real purpose, and they scored four more to win comfortably.

■ **WAPPING** Men's second team still sit three points clear at the top of the East League 2, thanks to a double over Harpenden and Hertford.

The weekend began with a 3-1 win against a young Harpenden first team with Wapping going ahead from a penalty corner through Heye Scheftel.

Harpenden levelled before the interval, but in the second half man-of-the-match Jason Black's pass was slotted home by Fry before another well-worked short corner allowed Paulson to make

certain of the points. Twenty-four hours later the Wapping second team travelled to Hertford to register a 4-2 win with goals from Fry, D'Souza, Paulson and new signing David Guy.

Wapping ladies 1sts o West Herts 4

WAPPING began well at the Lee Valley Hockey and Tennis Centre with some solid defensive work in the first five minutes.

However, West Herts quickly converted their forward pressure and scored the first goal despite some solid work from Wapping's back four.

By half-time, Wapping were down 2-0 and West Herts, switching their passing play around the pitch very effectively, piled on the pressure that resulted in two more goals through well-executed deflections.



More inside

For a round-up of football and hockey news, plus boxing...

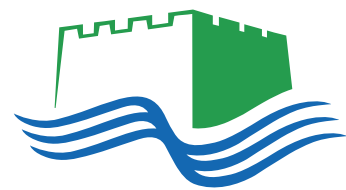
SEE PAGE 35



Ruqsana's world crown showdown

Kickboxer Ruqsana Begum (pictured), who works two days a week as a science technician at Whitechapel's Swanlea School, will challenge for the world title in front of her fans in London.

SEE BELOW



TOWER HAMLETS

eastend sport

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

Olivia holds her own against the world number 3

Judo starlet loses by single penalty point in title decider

BY PETER FAULKNER

OLIVIA Piechota has a bright future in judo and her performance in the Matsuru Dutch Open Espoir judo championships is proof of that.

Olivia, 16, was competing in Eindhoven, Holland, against some of the top judokas in the cadets (under-17) category.

Although Olivia, a member of Tower Hamlets Judo Club, did not strike gold as she had hoped, she did come away with the silver medal for the second successive year.

Olivia won her first three matches by Ippon (before regular time), combining excellent throwing techniques with great grappling skills on the ground.

The final match in the 44kg



Olivia Piechota

division saw her come face to face with Lois Petit of Belgium, ranked three in the world and number two in Europe.

It was a close contest where victory was decided by a single penalty point at the end of the time.

Olivia showed her quality on the international judo stage again and now she is getting ready for a Valentine's Day bid for glory in the European Cup in Croatia.

■ Tower Hamlets Judo Club and Stepney Green School were also in action in the London Youth Games event at University of East London SportsDock.

Aminur Rahman, Valentine Lita and Abdullah Boussetoua were the three winners, with runners-up spots going to Jury Campos and Musab Bent.

Umair Rahman, Faezel Uddin and Zeid Sermoun managed third-place finishes.

This was a development event and it was the first competition for most of the players.

It proved to be a valuable experience ahead of the London Youth Games in June.



BRITISH Muay Thai kick-boxing champion Ruqsana Begum will challenge for the world title in front of her own fans in London. The fight for the ISKA 50.5k world crown against Nathalie Maurel of France takes place at La Scala, Camden on March 1.

Ruqsana trains under Bill Judd at the KO Gym in Bethnal Green and, when she is not fighting, the lady with the fearsome reputation works two days a week as a science technician at Whitechapel's Swanlea School.

Landlords... Top rents achieved 3 months paid in advance

FREE PROPERTY LICENCE

Hassle-Free Letting

Rent your property today!

- ✓ FREE NIC
- ✓ FREE EPC
- ✓ FREE inventory
- ✓ FREE gas safety check
- ✓ Families waiting

Find out more



Properties Urgently Required in all East London Boroughs & Essex



elliottleigh.com 020 8983 4444

Visit our website for more information www.elliottleigh.com

LOCAL MINI CABS
canarywharfcars.co.uk



020 7423 9999

Owner Drivers
EARN £500 - £1000
per week.
Day or Night Shift,
Weekly Rent or
Percentage Based



AIRPORT TRANSFERS
FROM £40

info@canarywharfcars.co.uk

DRIVERS WANTED

INTENSIVE COURSES • BLOCK BOOKING • DISCOUNTS OFFERED*



020 8983 0085

Evening mobile: 07507 196606
www.ignitedriving.co.uk
419 Roman Road, London E3 5QS

IN SHOP Theory Training*

Free Training for IGNITE Students Instructor
Training Available on part 1, 2 & 3



CHOOSE FROM ANY OF THESE OFFERS!

MANUAL
driving lessons
first 3hrs £48*
5hrs £80*
10hrs £170*

AUTOMATIC
driving lessons
first 3hrs £53*
5hrs £88*
10hrs £195*

*Terms & conditions apply

Male and female
instructors available
in automatic and manual

ADI's and PDI's wanted



All our instructors
are DSA Approved



**Pick a sport...
any sport!**

There's something for
everyone in the borough

SEE PAGES 10 & 11



**While we're
all sleeping**

The team working to clean
up the streets every night

SEE PAGE 12



**Talking 'bout our
evolution**

Walk of the Month in
ever-changing Bethnal Green

SEE PAGES 18 & 19

ISSUE 1044 26 JANUARY - 1 FEBRUARY 2015

WWW.TOWERHAMLETS.GOV.UK



eastendlife

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

A GOOD COLLEGE WITH
OUTSTANDING FEATURES
Ofsted 2014



OPEN DAY

SATURDAY 7 FEBRUARY 2015, 11AM - 3PM
POPLAR CAMPUS



93%
ACHIEVEMENT
RATE

**FIND OUT ABOUT OUR GREAT CHOICE OF COURSES
FOR YOUNG PEOPLE AND ADULTS**

WWW.TOWER.AC.UK/OPEN

50+ A-LEVEL AND VOCATIONAL COURSES TO CHOOSE FROM

ACCOUNTING & BUSINESS, COMPUTING, PSYCHOLOGY, TRADE-SKILLS, ECONOMICS, MATHS
GAMES DESIGN, SCIENCES, CHILDCARE & EARLY YEARS, MODERN LANGUAGES + **MORE**

82%

OF OUR 16-18 YEAR
OLD STUDENTS WENT
TO UNIVERSITY
IN 2014

A-LEVEL PASS
RATE OF

92%

94%

OF OUR STUDENTS
FEEL SAFE AT THE
COLLEGE

STUDENT SURVEY 2014

**WELL PLACED FOR
SUCCESS**

AREDA - STUDYING A-LEVEL BIOLOGY, CHEMISTRY & MATHS



SEARCH FOR 'TOWER HAMLETS COLLEGE TV ADS'
AND FIND OUT WHY STUDENTS REALLY RATE US

WWW.TOWER.AC.UK/OPEN

COURSES FOR ADULTS TO HELP IMPROVE CAREER OPTIONS

BUSINESS & FINANCE, COMPUTING, HEALTH & SOCIAL CARE, ENGLISH LANGUAGE, HUMANITIES, SCIENCE, NURSING, CREATIVE MEDIA + [MORE](#)

"THE TEACHERS ARE REALLY SUPPORTIVE AND EXPERTS IN THEIR FIELD"

Lloyd - Former Access to Photography & Motion Graphics student, now studying Motion Graphics at university

"SUCCESS RATES ARE HIGH FOR ADULT STUDENTS THROUGHOUT THE COLLEGE"

Ofsted 2014

SPEAK TO OUR COURSE ADVISERS AND FIND OUT MORE ABOUT THE FUNDING OPTIONS SUITABLE FOR YOU

WELL PLACED FOR
SUCCESS

SILO - FORMER ACCESS TO SCIENCE STUDENT.
NOW STUDYING PETROLEUM ENGINEERING AT UNIVERSITY



SEARCH FOR 'TOWER HAMLETS COLLEGE TV ADS' AND FIND OUT WHY STUDENTS REALLY RATE US

WWW.TOWER.AC.UK/OPEN

A GOOD COLLEGE WITH
OUTSTANDING FEATURES
Ofsted 2014



OPEN DAY

SATURDAY 7 FEBRUARY 2015, 11AM - 3PM
POPLAR CAMPUS



100%

PASS RATE IN
15 SUBJECTS

93%

ACHIEVEMENT
RATE IN 2014

**FIND OUT ABOUT OUR GREAT CHOICE OF COURSES
FOR YOUNG PEOPLE AND ADULTS**



SEARCH FOR 'TOWER HAMLETS COLLEGE TV ADS'
AND FIND OUT WHY STUDENTS REALLY RATE US

WWW.TOWER.AC.UK/OPEN